

# Connecticut Guardian

VOL. 6 NO. 2

HARTFORD, CT

FEBRUARY 2005

## Bush begins second term vowing to protect Nation

DONNA MILES  
AMERICAN FORCES PRESS SERVICE

His No. 1 duty as president is “to protect this nation and its people against further attacks and emerging threats,” and the best way to do so is to help expand freedom and democracy worldwide, President Bush said during his second inaugural address in Washington, Jan. 20.

Following his swearing-in by Chief Justice William H. Rehnquist on the west front of the nation’s Capitol, the president said he is “mindful of the consequential times in which we live” and determined to fulfill the commitment to preserve, protect and defend the Constitution.

The president, who took his stand at the podium amid cheers, whistles and applause, acknowledged that this oath is particularly poignant in light of the terrorist attacks of Sept. 11, 2001 — “a day of fire.”

“We have seen our vulnerability, and we have seen its deepest source,” he said. “For as long as whole regions of the world simmer in resentment and tyranny — prone to ideologies that feed hatred and excuse murder — violence will gather and multiply in destructive power, and cross the most defended borders and raise a mortal threat.”



As the 2nd Company Governor's Horse Guard passes the reviewing stand, the president and first lady wave and greet them. The Horse Guard traveled from Connecticut to Washington to participate in the inaugural parade. (Photo by Spc. Jesse J. Stanley 65th PCH)

The surest path to peace, he said, is to expand the reach of the principles the United States was founded on. “The survival of liberty in our land increasingly depends on the success of liberty and other lands,” he said. “The best hope for peace in our world is the expansion of freedom in all the world.”

Bush promised people in the world living under oppression that the United States recognizes their plight and will stand by them as they pursue liberty, and urged their oppressors to reverse course.

See **PRESIDENT** Page 25

## Secretary Roche retires

STAFF SGT. APRIL LAPETODA  
89TH AIRLIFT WING PUBLIC AFFAIRS

Airmen, along with servicemembers from more than 14 nations, bid farewell to the 20th Secretary of the Air Force at Andrews Air Force Base, MD Jan. 18.

Deputy Secretary of Defense Paul Wolfowitz



presented Air Force Secretary Dr. James G. Roche the Department of Defense award for distinguished public service upon his retirement. His wife, Diane, was recognized with the exceptional civilian service award.

Flanked by Airmen with an F/A-22 Raptor in the background, Air Force Chief of staff Gen. John P. Jumper was the host of the event and spoke on changes the Air Force has seen under the direction of Roche. He said the secretary’s personal touch affected each Airman’s life.

“(Secretary Roche will be remembered for) all he has done for them, for our Air Force and for our nation,” the general said.

Wolfowitz presided over the ceremony and hailed the secretary for his “out of the box” thinking, using the Air Force in a new combat role with the Army and for instilling unique improvements in education for enlisted Airmen.

The secretary was appointed in 2001 and has been responsible for the affairs of the Department of the Air Force, including the organizing, training, equipping, and providing for the welfare of its nearly 370,000 Airmen on active duty, 180,000 Air National Guard and Air Force Reserve Airmen, 160,000 civilians and their families.

Roche spoke of leadership lessons he learned in his earlier Naval career from Navy Adms. Arliegh Burke and Hyman Rickover in solving complex problems, and how those lessons have stood the test of time. The secretary closed by emotionally reading a verse from the Navy hymn, “Eternal Father, Strong to Save.” The alternate verse was written by Mary C. D. Hamilton in 1915.

## The parade of all parades



Maj. Janis Arena, Commandant, 2nd Co. Governor's Horse Guard, pauses to gaze at the Washington monument as she passes on her way to the reviewing stand. (Photo by Spc. Jesse J. Stanley 65th PCH)

### Governor's Horse Guards journey to inaugural parade

SPC. JESSE STANLEY  
65th PCH

Before them, as far as one could see, the street was lined with thousands of people. The parade stretched onward in the distance. Behind them, the Capital stood watch like a sentinel, more people lined the streets, bands played their school songs and horses walked proudly bearing their riders.

The entire route was a little more than a mile long, taking 35 minutes to walk at the parade’s pace. That short walk, however, was a great honor to be part of.

See **HORSE GUARD** Page 14/15

# Up Front with the Adjutant General

## *Black History Month: Diversity remains a priority for the organization!*

Diversity within our ranks continues to remain a top priority for the Connecticut National Guard.

To this end, the Connecticut National Guard has developed significant working relationships with many organizations representing people from many different cultural and ethnic backgrounds.

The Guard has always known that its strength lies within its membership.

Our members come from all walks of life and many different cultural and ethnic backgrounds as well. As Guard members and as a Nation we always answer the call for help.

We are encouraged by the spread of freedom around the globe and the heartfelt outpouring of aid and support to the victims of the tsunami disaster.

America has always been there and always will be for those who are in need.

During Black History Month, we celebrate the many achievements and contributions made by people of color to our economic, cultural and political development.

The National Association for the Advancement of Colored People is an organization that has its roots borne in the civil rights movement and has continued to help build a better society which is inclusive of all.

It is that commitment to our society and

communities that the Guard and the NAACP have in common.

We have been working hard over the past few years to build a partnership which fosters the goal of building a more diverse society with opportunities for all.

I recently had the pleasure to sit down with Mr. Scot X. Esdaile, President of the Connecticut Chapter of the NAACP. We share some of the same concerns, especially where it pertains to inner city youth. How can we prepare these youth for success in the future?

Our Guard continues to expand its involvement within our inner cities. With our Star Base programs in both Hartford and Waterbury, the newly established "About Face" Program and our many Drug Demand Reduction Programs conducted throughout the state, we begin to build tomorrow's leaders today.

Working with organizations such as the NAACP we can provide even more services to our communities and especially our youth. That commitment to our communities is our common purpose.

With that common purpose we can and will make stronger communities that reflect the diversity of our Guard. We are always trying to improve and we can best do that by listening to our communities, our members and their concerns.

As the Adjutant General, I continue to maintain a vision for a well-balanced, diverse organization and ask the leadership at all levels to join me toward achieving that goal.

This year the Connecticut National Guard is proud to dedicate its 2005 Black History Celebration to the "NAACP, Putting its Stamp on History." This educational program will provide insight into the history of the NAACP, and its beginning. Why it was started. What it has been doing and where it is going.

This globally recognized civil rights organization has made many important contributions to our society and we hope to bring a better understanding of how our combined efforts will strengthen our mutual diversity goals.

This program, hosted in partnership with the United States Postal Service is open to all and will take place on Friday, Feb. 11 at the Artists Collective, 1200 Albany Ave, Hartford, CT from 9am-11am.

Please mark Friday, Feb. 11 on your calendar and join the Connecticut National Guard as it presents this spectacular event.

Continue to keep your head in the game.



Maj. Gen.  
William A. Cugno  
Adjutant General

## Connecticut Guardian

360 Broad Street  
Hartford, CT 06105-3795  
Phone: (860) 548-3251  
DSN: 636-7857  
FAX: (860) 524-4902

E-Mail:  
CTGUARDIAN@ct.ngb.army.mil

Captain-General  
Gov. M. Jodi Rell

The Adjutant General  
Commanding General, CTNG  
Maj. Gen. William A. Cugno

Assistant Adjutant General, CTARNG  
Brig. Gen. I. J. Zembrzusi

Assistant Adjutant General, CTANG  
Brig. Gen. Thaddeus J. Martin

State Command Sergeant Major  
Command Sgt. Maj. Raymond P. Zastaury

State Command Chief Master Sergeant  
Chief Master Sgt. Wanda Wawruck

State Public Affairs Officer  
Connecticut Guardian Managing Editor  
Lt. Col. John Whitford

State Public Affairs NCO  
Connecticut Guardian Editor  
Layout and Design  
Sgt. 1st Class Debbi Newton

Assistant Layout and Design Editor  
Spec. Jesse. J. Stanley

### Contributors

Det. 1, 65th Press Camp HQ, CTARNG

Maj. George Worrall, III  
103rd FW PAO, CTANG

103rd Air Control Squadron

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The *Connecticut Guardian* is published in accordance with AR 360-1 on the first Friday of every month and is printed by The Day Printing Co., New London, Connecticut, a private firm in no way connected with the Department of the Army.

Deadline for submissions is the 15th of the month preceding the month of publication.

Circulation: 9,000

## Perspectives Valentine Messages



To SGT. 1ST CLASS JASON CYR  
141ST MEDICAL COMPANY

Valentines won't be the same this year because the heart of our family is in Iraq but that doesn't mean you get a freebie as far as the anniversary goes. We love and miss you hurry home. Kim and the kids.



To MAJ.  
RALPH  
HEDENBERG  
143RD ASG

Daddy,  
Hey now!! I love you. I miss you. I want you to come home soon.  
Aislyn

We love you and we miss you every day. We are so proud of you and the job that you are doing. Be safe and come home to us soon!!

Love,  
Laura, Aislyn and Casey



# Cugno addresses Guard retirees, veterans

Spc. JORDAN E. WERME  
65<sup>TH</sup> PRESS CAMP

The National Guard Association of Connecticut, a membership group which advocates for the rights and benefits of National Guard Soldiers, Airmen, retirees and their families gathered for lunch to address the military retirees of Connecticut on Jan. 18.



NGACT President Bill Cusack welcomes the retirees to the informational luncheon at the Officers' Club. (Photo by Spec. Jordan Werme, 65th PCH)

Following an introduction and welcome from NGACT board members, Maj. Gen. William A. Cugno, Adjutant General, addressed the crowd to discuss the state of the Guard.

"I wanted to share with you today's Guard," said Cugno, "because it is so much different than the Guard that you left. Often you'll hear us say, 'This is not your father's Guard. This is not your brother's Guard.' It is a very different Guard."

Among the biggest differences, said Cugno, are the number of deployments. As a captain, Cugno remembered his commander telling him of only one mobilization of CTARNG Soldiers during a 30-year period.

"I think in the last three years we've had 33 mobilizations," said Cugno, "and we're climbing. It's something that's not going to go away."

During his time addressing the crowd, Cugno spoke about several National Guard projects which are underway or planned for the near future. These projects include the Fire Station at Stone's Ranch training facility and the Military Working Dogs complex in Newtown.

Also included in Cugno's remarks, was the introduction of the 14<sup>th</sup> Civil Support Team, a quick response team commanded by Maj. Joseph Danao.

Highlighting the luncheon was the presentation of a check to the Connecticut National Guard Foundation, Inc. by the

American Legion and Veterans of Foreign Wars, who joined in an effort to raise money for the organization. The CTNGFI provides relief and assistance to Guard members and families in need.

Stuart Headford, state commander of the VFW, presented a check for \$15,500, saying:

"Our core values are exactly the same: veterans. If it wasn't for organizations such as the Veterans of Foreign Wars and the American Legions, and your organization,

[working] across the street at the Capitol Building and in Washington, D.C., things would not be what they are today. It could be a lot worse."

The donation will help to fortify the ongoing efforts of the organization to adequately provide financial assistance for members of the Guard - its Soldiers, Airmen, families, veterans and retirees - by ensuring that money is available when needs arise.



Veterans of Foreign Wars state commander Stuart Headford and American Legion Department commander Jean LaFontaine, present a check for \$15,500 for the National Guard Foundation of Connecticut to Thomas P. Thomas and Maj. Gen. William A. Cugno. (Photo by Spec. Jordan Werme, 65th PCH)



Eighty retired Army and Air National Guardsmen from Connecticut came together at the Officers' Club in Hartford to hear Maj. Gen. William A. Cugno give an update of the state of the Guard and to hear about the legislative efforts being made both at the state and national levels by NGACT. (Photo by Spec. Jordan Werme, 65th PCH)



# Two weeks at the 31<sup>st</sup> Combat Support Hospital

RICHARD S.K. YOUNG, M.D.  
LIEUTENANT COLONEL / MEDICAL CORPS  
118<sup>th</sup> MEDICAL BATTALION (AREA SUPPORT)  
CONNECTICUT ARMY NATIONAL GUARD

The Connecticut Army National Guard's two principal medical units, the 118<sup>th</sup> Medical Battalion and the 141<sup>st</sup> Ground Ambulance Company, are both deployed to Iraq. The mission of the 118<sup>th</sup> and the 141<sup>st</sup> is to stabilize and send rearward those Soldiers who require urgent surgical care, and, to return to duty those Soldiers who remain fit.

Physicians in the National Guard serve as primary care physicians, providing initial, rather than specialty care. Recently, I had the opportunity to spend two weeks working at the next tier of medical care with the 31<sup>st</sup> Combat Support Hospital (CSH) in Baghdad.

## A Child with a Tumor

This story begins in Tallil, a village in the southern part of Iraq, where I am assigned to a New England National Guard brigade. During a medical Civil Affairs project, our physicians identified a 14-year-old Iraqi girl with a massive abdominal tumor. Her tumor had enlarged over a period of more than



*This 14 year old Iraqi girl has a massive abdominal tumor which makes it difficult for her to breathe or walk. (Photo courtesy of Dr. Richard Young)*

10 years to the extent she had difficulty walking and breathing.

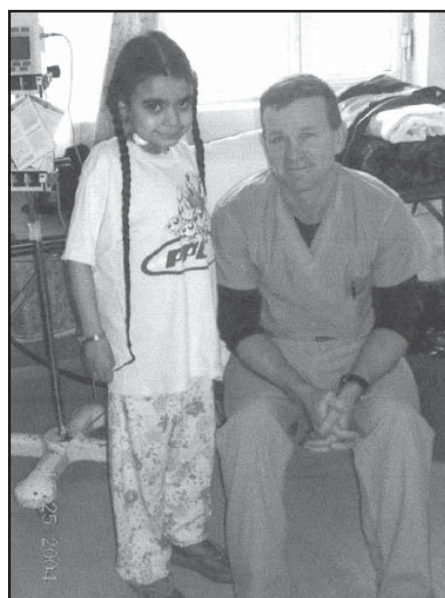
A dozen Soldiers from the Brigade used five Humvees to convoy the child to Baghdad. After the child was admitted to the 31<sup>st</sup> CSH, I met the staff neurologist who invited me to serve as the hospital's Neurologist while he made an urgent trip to the United States.

## Morning Report

Promptly at seven-thirty each morning, the television broadcast of the evening's NFL football game on Armed

Forces Network is switched off. The physicians direct their attention toward the Commander of Clinical Services as he calls the meeting to order. Next, each physician summarizes his or her admissions:

**Psychiatrist:** "Twenty-one-year-old Soldier with an overdose



*Surgeon (MAJ) Tommy Brown and the patient after removal of the tumor. (Photo courtesy of Dr. Richard Young)*



*The 31<sup>st</sup> Combat Support Hospital, Baghdad. (Photo courtesy Dr. Richard Young)*

antidepressants. Recommend transfer to Germany."

**Chest surgeon:** "Nineteen-year-old Marine in the ICU with gunshot wound to the chest....required four units of blood."

**Internal medicine:** "Twenty-two-year-old Soldier, new diabetic, blood glucose greater than 600; 46-year-old civilian contractor with chest pain due to coronary artery disease."

**Orthopedic surgeon:** "Twenty-three-year-old Airman in vehicle rollover with leg amputation; Iraqi policeman with a fractured

femur from an IED (Improvised explosive device); external fixation."

**Neurologist:** "Twenty-four-year-old female Soldier with epilepsy."

For the next 30 minutes, the physicians review the clinical status of each of the approximately 50 patients admitted to the CSH. The goal is to reserve sufficient beds for incoming wounded. If the Soldier cannot be returned to duty, he or she is

transported that evening to the closest U.S. Air Force base by Blackhawk helicopter. From there, Air Force C-17's transport the wounded to Landstuhl Regional Medical Center, Germany. Some Soldiers may arrive in a stateside military hospital four days after a serious injury.

## Trauma Medicine

The principal mission of the 31<sup>st</sup> CSH is to provide trauma care to U.S. Soldiers and civilians who are injured in Baghdad, Fallujah

and the surrounding areas. Other CSH's provide care to Mosul and areas north of Baghdad. Injuries are produced by bullets, rocket propelled grenades, mortars, and improvised explosive devices (IED's). The IED's are placed on the highway; the force of the explosion results in both penetrating and blunt injuries. More recently, insurgents have employed vehicle borne IED's to inflict numerous deaths and injuries.

Motor vehicle accidents between military vehicles travelling at high speed in convoys are another major cause of injury or death. Collisions between coalition military and Iraqi vehicles on congested Iraqi roads are commonplace. To a lesser degree, the 31<sup>st</sup> CSH provides care to wounded Soldiers from the United Kingdom and other coalition members, or, Iraqi civilians caught in crossfire.

Like any emergency room, the pace is characterized by periods of boredom punctuated by hours of heroic activity. Before long, the names of injured Soldiers and Iraqis are recorded on the whiteboard outside the Emergency Department while medics place patients on olive drab stretchers. As an example of the severity of trauma, 5000 units of blood products were transfused in ten months, an amount equivalent to that used in large medical centers.

## An Evening in the Emergency Department

When fighting peaks, as it did in Fallujah, the optempo ("operational tempo") quickens. The first warning of trauma is the "whoop whoop whoop" of Medevacs landing on the helicopter pad adjacent to the Hospital. In a scene eerily reminiscent of "M.A.S.H.," medics dash to the landing zone to receive the incoming wounded and wheel them on stretchers into the hospital. An emergency medicine physician stands in the lobby and addresses each patient: "Any difficulty breathing? Where does it hurt? Move your arms and legs. Squeeze



my hands.” He or she then assigns a triage code to each patient: immediate, delayed, routine, and near-death.

The first two stretchers hold Marines who were injured when a mortar round exploded as they sat in their Internet tent. One has numerous shrapnel injuries to the buttocks

and legs; another has a penetrating wound in the frontal lobe which must be explored and debrided in the neurosurgical operating room.

A young Soldier is next. She is sobbing because her Humvee rolled over in a ditch and the turret gunner “didn’t make it.” The Chaplain and mental health team are summoned and minister to her.

A young Iraqi boy whose legs were injured in a motor vehicle accident is evaluated next. He is shuttled off to radiology. A young Soldier with extensive injuries is bleeding profusely from a leg wound. There is an urgent call for blood transfusions over the hospital public address.

### Hospital Services

The Combat Support Hospital has departments typically found in large hospitals, including general surgery, neurosurgery, orthopedics, radiology, and clinical laboratories. Other services include psychiatry, physical therapy, ophthalmology, pathology, and gynecology. Although many of the physicians and nurses possess many years of clinical experience, they live on the hospital grounds and work 12 hour shifts much like hospital residents and physicians in training.

Other hospital services are equally busy. The CT scan unit is seldom idle; approximately 800 CT examinations are performed monthly. The outpatient clinic treats as many as 75 patients each day. A dedicated group of 14 laboratory technicians perform 8,000 laboratory tests each month.

### Combat Neurosurgery

The development of IBA (individual ballistic armor) has markedly reduced trauma to the heart and lungs, but proportionately increased injuries to the face and extremities. Bullets and shrapnel penetrate the brain through the orbits or the lower regions of the brain uncovered by the helmet. During one surgical procedure, Lt. Col. Jeff Poffenbarger, M.D., and I removed shrapnel which had penetrated the right frontal lobe of the Soldier’s brain.

### Neurological Disorders

Each day, I was confronted with challenging neurological disorders. One young Soldier



Medevac’s rush the wounded from the battlefield to the Combat Support Hospital in minutes. (Photo courtesy Dr. Richard Young)

had an epileptic seizure while performing a PT test. She was referred to Landstuhl Regional Medical Center for an MRI scan and an electroencephalogram. An older National Guardsman was transported to the 31<sup>st</sup> CSH because of sudden pain in the left arm. His EKG revealed no evidence for a heart attack, but cervical spine radiographs disclosed a “slipped disc” (herniated disc) as the cause of his symptoms. A Marine explosive ordnance specialist was referred by his corpsman because of numbness of both thumbs, index and middle fingers.

Another Soldier from Fort Hood was treated by his company Medic for seizures. Careful questioning revealed that the Soldier’s tremors were due to panic attacks. He was referred to the Combat Stress Control unit. Other Soldiers are evaluated for severe headache, loss of taste or sensation.

In addition to American servicemen, we provided care to a number of Iraqi soldiers and civilians. The youngest patient I cared for was a 2-month-old girl with increased pressure within the brain due to a spinal defect.

### Winning the Hearts and Minds

When possible, the 31<sup>st</sup> CSH provides humanitarian assistance to Iraqi citizens. During my two week stay, the child with

the abdominal tumor underwent successful resection by Maj. Tommy Brown. Care for Iraqi civilians is necessarily limited because of the pressures of handling war wounded.

### Staff Morale / Living Conditions

The staff is subject to numerous stresses: Soldiers with devastating injuries, separation from loved ones, difficult internet access. All of the staff cope with living in a war zone. A year earlier, mortar fire landed 700 feet from the hospital causing 16 casualties. The medics, nurses, and physicians must don cumbersome ballistic armor (flack vests) and kevlar helmets whenever outside the building. To reduce the risk of kidnapping, staff members must be accompanied by another Soldier when off the hospital premises. Opportunities for recreation are limited. The only “night club,” the Green Zone café, was recently destroyed by a car bomb.

In contrast to the previous hospital unit, the 21<sup>st</sup> CSH, living conditions have improved considerably. Electricity, showers, and hot meals are more dependable. Still, the small frustrations of life wear on morale: plastic forks which break while you cut your food, ubiquitous flies which land on your scalp or food, sharing a room for 12 months. Larger frustrations exist as well: The relentless rhythm of 12 on / 12 off; chafing at the fact that other services such as the Air Force and Navy deploy medical personnel for only six months.

Nonetheless, the medics, nurses, physicians and technicians are heroic in fostering a positive attitude. On Thanksgiving Day, four Soldier-saxophonists serenaded patients along with a “pilgrim.” Chaplains provide vital spiritual support to both staff and Soldiers.

The day following Thanksgiving, nurses and medics donned “antlers” and Santa hats and began stringing Christmas lights and hanging stockings. Santa’s elves made an early appearance in Baghdad, as they unpacked boxes of Christmas bulbs and artificial trees donated by grateful American

families. Within 24 hours, the wards and nursing stations were gaily decorated and Bing Crosby was singing, “I’m dreaming of a white Christmas.”

### High Points and Low Points

There is no greater privilege for a military physician than



This Iraqi child was born with an “open spine” (myelomeningocele). A shunt was inserted to divert cerebrospinal fluid from the brain to the abdomen, thereby reducing pressure within the brain. (Photo courtesy Dr. Richard Young)

to care for American servicemen and women and to converse with them about their problems, their families, and their concerns. As a physician, you can serve both as healer and mother. The devotion to duty of our service members is inspiring. For example, one young officer developed multiple sclerosis, but requested medication to facilitate his return to his unit. Another 41-year-old National Guardsman was disqualified from deploying to Iraq due to a heart attack, but successfully appealed and is serving as an enlisted Soldier.

The low point of the rotation was seeing the wounded Soldiers who will never be whole individuals again.

As of November 16, 2004, 5,174 Soldiers sustained wounds sufficiently serious to preclude return to duty. Some are blind, others paralyzed, still others brain injured. A new institute is being built at Walter Reed Army Medical Center in Washington to provide the latest innovations in amputee care.

Other injuries are less apparent. A recent study published in the New England Journal of Medicine shows that the type of urban warfare in Iraq produces anxiety, depression or post-traumatic stress disorder in one in six Soldiers. Our charge remains to follow the direction of President Abraham Lincoln: “To care for him who shall have borne the battle, and for his widow, and for his orphan.”

Dr. Young is a Field Surgeon with the 118<sup>th</sup> (Area Support) Medical Battalion, Connecticut Army National Guard. He is currently in his second deployment to Iraq. In his civilian practice, Dr. Young is a pediatric neurologist and Chief of Pediatrics at the Hospital of Saint Raphael. Dr. and Mrs. Young’s daughter, Capt. Elizabeth Young, is a Captain in the Military Police in Baghdad.



Dr. Jeffrey Poffenbarger and the author in the neurosurgical suite. (Photo courtesy of Dr. Richard Young)



# Reflections of the ASG deployment to Iraq

**SGT. 1<sup>ST</sup> CLASS BRENT HEIDENIS**  
NCOIC, GROUND TRANSPORTATION  
JASG-C/SPT OPS/TRANS  
143<sup>RD</sup> ASG, CTARNG

It's hard to believe that I am sitting here in the U.S. Embassy in the International Zone in Baghdad, Iraq. It seems like only yesterday I was watching Sunday football and Iraq was the furthest thing from my mind. Our unit has gone through a great deal of training to be here and as I sit here reflecting upon all our accomplishments to get here, a sense of pride comes over me.

I remember the day the unit was informed of the mission. I was somewhat new to the unit and the first thing that came to mind was how close this unit is. Is this a unit that I feel comfortable going to war with? As the final list was made I saw more new faces joining our company for this tour. Again, the question came. How can I go off to war with a unit when I don't even know the guy standing next to me in formation? I decided to keep an open mind and think positive, knowing that the training we were about to face would bring us all together.

As our MOB date drew near, certain

realizations started to set in. We would not be seeing our family and friends for an entire year. The first hint of reality was when Governor M. Jodi Rell and Maj. Gen. William A. Cugno attended our send off ceremony. Their words hit home with me. The final was our last formation in Newington before boarding the buses.

I have been deployed in the past with the 143 FSB to Bosnia. I thought from my prior experiences, I was prepared to get on the bus and leave, but I really wasn't. The departure was one of the single most difficult things I have ever done in my life so far. That memory is strong and will never be forgotten.

It was now time to get down to work. Our mission at Fort Drum was to conduct training and mobilization within 30 days. Everyone knew this and was willing to work all hours of the night to accomplish the first leg of our mission. The bottom line was the faster we get there, the faster we get home.

Fort Drum was a great experience for our company because the training was long and hard. The intense training brought us together and the word family began to take on a new meaning with everyone in the

company. I started to make bonds with fellow Soldiers because of this training and I felt that I could trust them with everything in a time of need. This new cohesion made me proud to be a part of the 143 Area Support Group. I was now feeling 100 percent confident in going on such a historical mission with such a great unit.

The training itself was outstanding. Most of our combat skills were instructed by front line Soldiers who were veterans of both Iraq and Afghanistan. This put tremendous confidence in our Soldiers that we were learning the most up-to-date information on survival techniques. In addition, our instructors kept telling us over and over again that we were one of the most squared away units that they have seen come through this training site in a long time. This of course, only reaffirmed my thought of our company.

As the thirtieth day came closer we started to wonder when we would leave. It was then that our commander told us that we would be receiving a weekend pass to go home! This was a thought

that never entered our minds because we were told from the beginning, "Once you get on the bus, you will see your family again in a year." So the weekend pass really motivated our troops. We all reported back on Monday morning and then left for Kuwait two days later: 27 October 2004.

Kuwait, in my opinion, is like one giant beach without water. For most of us, it was our first time seeing such a landscape. I remember zeroing our weapons, and seeing herds of camels walking by in the distance. We went through all the necessary briefings here with a purpose. The time to fly into Iraq was drawing near. As we learned of our departure time, our *family*, the 143 ASG, turned to each other for strength in the face of uncertainty. As I looked around my tent the night before at my fellow Soldiers, I knew that we were going to see each other through this.

We arrived on 1 Nov 04 in Baghdad, Iraq, and the whole thing was surreal. It is only now, as I sit here in the U.S. Embassy that it is all starting to sink in. We're ready and we'll be home before you know it.



The entire Transportation Directorate for the JASG-C with Ambassadors Jeffrey and Browning in the U.S. Embassy. Front Row Kneeling: Spec Dewey, Ground Trans (CTARNG), Staff Sgt. Montenergo, TMO (Active Air Force), Master Sgt. Quintanna, Fixed Wing NCOIC (Active Air Force), Maj. Barry, OIC Rotary Wing OIC (CTARNG) Standing Left to Right: Col. Barlow, JASG-C Commander (Active Air Force), Col. Stefanko, Chief of Staff (CTARNG), Lt. Sitterson, OIC Fixed Wing & Ground Trans (Active Air Force), Sgt. 1<sup>st</sup> Class Heidenis, NCOIC Ground Trans (CTARNG), Maj. Harmon, Deputy Director of Transportation (Active Air Force), Ambassadors Jeffrey and Browning, Sgt. Leach, Rotary Wing (CTARNG), Sgt. 1<sup>st</sup> Class Ritchie, NCOIC Rotary Wing (CTARNG), Staff Sgt. Earle, Fixed Wing (Active Air Force), Tech. Sgt. White, Ground Trans (Air Force Reserves), Tech. Sgt. Walker, TMO (Active Air Force.) (Photo courtesy Sgt. 1<sup>st</sup> Class Brett Heidenis, 143<sup>rd</sup> ASG)



# Till deployment do we part...

## *Deployments test military marriages*

SPC. JESSE STANLEY JR.  
65<sup>TH</sup> PCH

Valentines Day often conjures images of roses and sweethearts: "I love you, always and forever," seems to spring from everyone's lips. Unfortunately more frequent words heard lately are "good bye, be safe, I'll see you in a year."

While a lucky few are ending their tours and will be saying, "Hello, welcome back," there are those just starting theirs. Both the "Goodbye" and "Welcome home" pose challenges to any family whether married 15 years or 15 days.

Mrs. Laura Hedenberg is not in the military, but she is already a veteran of deployments. Her husband, Maj. Ralph Hedenberg has been deployed before, though last time things were different, slightly.

"The last time he was gone he was in Bosnia on a peace keeping mission," Hedenberg said. "This time it is different he is in a war zone." Maj. Hedenberg and the 143<sup>rd</sup> Forward Support Battalion were at Ft. Dix, N.J. waiting to go to Bosnia on Sept. 11, 2001.

There are a great many challenges in being separated from a spouse or loved one for an extended length of time.

"Suddenly being a single parent yet not being one is a challenge," Hedenberg said. "I try to keep him involved in those decisions so he is still involved in parenting."

The Hedenbergs have two adopted children, Aislyn, 3-years-old; and Casey, 1-year-old.

Suddenly a spouse is left having to manage a household usually managed by two. They must deal with situations that come up that usually would have been dealt with by their partner. Cars break down, pipes burst, check books need to be balanced, kids get sick and a million other things happen in the course of a year.

"It is easy to become resentful that they are not here helping to handle so many of the things that were going on," Hedenberg said. "You have to realize that they are not on vacation, they are doing their job."

"It is easy to say, 'I've been doing this alone forever, now it is your turn,'" Capt. Lauri Tinelle said. "I think it was easier for me not to get that way because I am in the military and I understand better what he was going through while being deployed."

Not only are there the stresses of everyday life to deal with, but there are the stresses involved in having a loved one in a war zone.

"Bosnia was not all over the televisions

and newspapers like Iraq is," Hedenberg said.

The media and the military family have a love/hate relationship. Families are able to get information about the situation their loved ones are involved with, however these stories and images can cause a stressful situation and worry about their loved one overseas.

Once the "hello and welcome back" is said it is time to readjust to life at home, which can be a daunting task.

"They are getting used to being in civilian life again," Kim Hoffman, Family Program Director, said. "They have been used to carrying a weapon, wearing armor and being at a constant state of alert for more than a year. They are used to sleeping with a weapon beside them."

"Life slows down a lot at home," Tinelle said. "They do not have to be in such a state of awareness anymore."

For more than a year, a single spouse has been doing everything. They have a routine worked out that ran smoothly and they learned to handle all the burdens of life and the requirements of running a home on their own. It is often hard for the one returning to find their role in this life.

"Releasing the control and becoming two again is the hard thing," Hedenberg said.

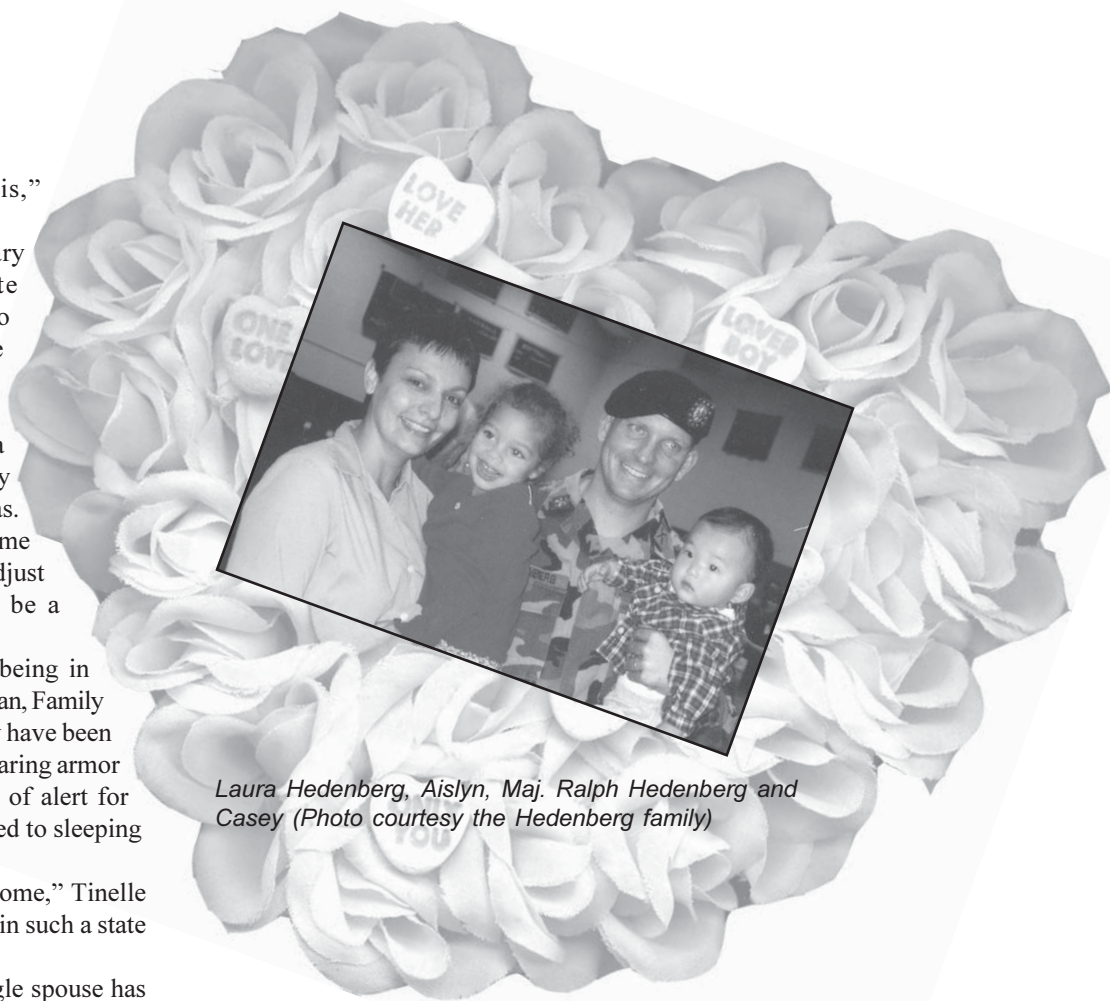
"When he came home I continued to do what I did when he was deployed without realizing it," Tinelle said. "My spouse said I had it all under control and he felt he was on the outside looking in. In the meantime I kept getting annoyed that it seemed like I was doing everything."

**According to the Army Deployment Guide when a loved one comes home there are some things that can be expected:**

- ♥ Communication may feel awkward at first.
- ♥ There may be emotional strain.
- ♥ There may be some changes to the house or apartment.
- ♥ There may be some changes in the children and preteens.
- ♥ The family and the loved one will need to take time to listen to each other.

**There are also things to be avoided:**

- ♥ Coming home without letting your family know first.
- ♥ Immediately taking charge as soon as you return.
- ♥ The "Who had it worse" game.



Laura Hedenberg, Aislyn, Maj. Ralph Hedenberg and Casey (Photo courtesy the Hedenberg family)

- ♥ Wanting to rebuild intimacy too quickly.
- ♥ Rumors and gossip.
- ♥ Criticizing your spouse upon your return.

Communication is very important throughout the entire deployment process.

"My advice is to communicate in whatever form it takes, email, phone, letters," Hedenberg said. "Also have a support group of friends and family to help you."

"Don't try to do it all alone," Tinelle said. "Set up a support system before he or she leaves. Also realize that you may burn out without realizing it. Have people there to catch it and help you when you need it."

There are many services available to both the family and the returning Soldier or Airman. "Soldiers receive a reunion briefing during their demobilization and the Family Program holds reunion workshops for families before the Soldier's return," Hoffman said.

"There are also readjustment counseling services for the individual, family or group for Soldiers through the Veteran's Center. ArmyOne Source and AirforceOne Source have counseling available for any Soldier or Airman regardless of deployment status."

In the joy of coming home, the Soldier or Airman may not realize how their time away has affected them. Among Soldiers who have returned from Iraq, 3 percent have indicated on the post-deployment questionnaires that they have a mental health problem or

concern, Dr. William Winkenwerder Jr., assistant secretary of Defense for health affairs said.

But among Soldiers questioned three to four months afterward, that number jumped to 13-to-17 percent, he said.

"The VA Hospital offers a lifetime of counseling assistance and for six months after the servicemember has returned there are transitional Tricare benefits," Hoffman said. "It is also possible to speak with one of the Family Program counselors if that is preferred or even get a reference from there."

It is important to communicate and listen to each other. All people involved went through a rough period.

As people are welcomed home and others are saying goodbye, remember that there are options available to everyone and support available for the departure, the reunion and the time in between.



# Stalkings:

*When dating  
turns to terror*

SGT. 1ST CLASS DEBBI NEWTON  
STATE POLICE

*(Editor's Note: To protect the privacy and safety of the victim and her family, names have been changed for this article. The victim's mother is a member of the Connecticut Army National Guard)*

When Karen started dating Jeff, they were both juniors in high school and her mother was happy that she had found such a nice guy who was obviously devoted to her daughter.

For the first year, things seemed to be going well and Karen was happy. But then her mother started noticing little things that set off alarm bells. Jeff only wanted to do what he wanted, never what Karen wanted to do, and seemed jealous when Karen wanted to spend time with her family and friends. Karen spent all her time at Jeff's family's house. They were never at her house. Karen seemed depressed more and more often. Karen's mom, Liz, tried talking to her daughter about this, but was assured that everything was alright, it was just the stress of being a senior, deciding on college and working all the time.

Liz was growing more and more uneasy about her daughter's relationship, but didn't want to push the issue and lose the closeness she and her daughter had. She knew in the pit of her stomach that someday she and her daughter would have to lean on that closeness.

It took several break-ups over five years, but the relationship finally ended for good. Despite Karen being heartbroken, Liz was thrilled.

The thrill for Liz would only last for a few days before the fear and terror for her, her daughter and the rest of the family would set in.

Karen's phone started ringing at all hours of the day and night. She knew, with caller ID, that it was Jeff, whether he said anything or not.

Jeff started driving by the house, then parking outside and watching the house. He started dropping by when only Karen was home. He started showing up at various places when Karen was out with her friends and just hanging out there, staring at her.

He even went to her place of employment when she wasn't there and gave everyone his cell phone number and asked them to call him and let him know where Karen was, who she was with and what they were doing.

"I started getting phone calls at work from my daughter, several times a day, in tears because Jeff wouldn't leave her alone and she was scared," said Liz.

"I urged her to go to the police, but Karen

was sure the harassment wouldn't last much longer and that Jeff wasn't a danger."

But her mother wasn't so sure.

In fact, Liz was terrified to go to work each day, fearful that it would be the last time she saw her daughter alive. Liz was afraid to answer the phone, worried that it would be the police calling to tell her that her daughter was seriously injured, or dead. And she was equally afraid to go home at the end of the day, fearful that she'd walk in and find Karen laying on the floor.

"There are a lot of things that parents worry about in this day and age when it comes to their children," said Liz. "I just never thought I'd ever have to worry about my daughter being stalked. It was the most terrifying thing I've ever experienced."

Finally, after about a month of fear, anger got the better of Karen and she told Jeff that if he didn't leave her alone, she was going to the police to have him arrested. She told him she had been keeping a log of all his phone calls, every time he came to the house and tried to get in, every time he parked outside or drove by the house, every time he went to her workplace and discussed her with her co-workers.

Fortunately for Karen, that was all it took. The harassment and fear stopped for her and her family.

But that's not always the case.

According to a U.S. Department of Justice 1998 report, "Stalking in America: Findings From the National Violence Against Women Survey," one out of every 12 women will be stalked in her lifetime; one out of every 45 men will be stalked; 1,006,970 women and 370,990 men are stalked annually.

Other key findings of the report include that 81 percent of women who were stalked by a former husband or cohabiting partner were also physically abused and 31 percent were also sexually assaulted. Seventy-seven percent of female victims were stalked by someone they knew, and

59 percent of female victims were stalked by an intimate partner.

Perhaps even scarier are the following findings: 76 percent of all female murder victims had been stalked by their killers and 54 percent of all female murder victims had reported stalking to the police before they were killed by their stalkers. (From McFarlane et al. [1999]. "Stalking and Intimate Partner Femicide," Homicide Studies.)

Karen was lucky, just the threat of going to the police was enough to scare Jeff away.

What is the legal definition of stalking? It is defined primarily by state statutes which can vary greatly.

In Connecticut, stalking is covered under

Sec. 53a-182b: Harassment in the first degree, and is a Class D felony. The section reads in part: "A person is guilty of harassment in the first degree when, with the intent to harass, annoy, alarm or terrorize another person, he threatens to kill or physically injure that person or any other person,

and communicates such threat by telephone, or by telegraph, mail, computer network,...or any other form of written communication, in a manner likely to cause annoyance or alarm..."

According to the National Center for Victims of Crimes, "stalking is a gender neutral crime, with both male and female perpetrators and victims." Most stalkers, however, are men. Most stalkers tend to fall into the young to middle-age categories, have above average intelligence and come from every walk of life and every socioeconomic background. Forensic psychologists identify stalkers in two broad categories: Love Obsession and Simple Obsession.

Love Obsession stalkers develop a love obsession or fixation on someone with whom they have no personal relationship and accounts for about 20-25 percent of stalking cases.

Some of the more well-known victims of this type of stalking are David Letterman, Jodie Foster and Madonna.

This type of stalker tends to suffer from

some form of mental disorder, be it schizophrenia or paranoia, and exhibit delusional thought patterns and habits.

The other 75-80 percent of stalkers fall into the Simple Obsession category and are characterized by having had a personal or romantic relationship with their victim before the stalking began.

According to the National Center for Victims of Crime, stalkers in this class are characterized as:

- Socially maladjusted and inept;
- Emotionally immature;
- Unable to succeed in relationships by socially-acceptable means;
- Jealous, bordering on paranoid; and
- Extremely insecure about themselves and suffering from low self-esteem.

If you find yourself, a family member or a friend is a victim of a stalker, there are things you need to do to protect yourself or other victims.

The Website [www.stalkingbehavior.com](http://www.stalkingbehavior.com) offers the following advice to victims:

1. The first thing one should do is tell the unrequited person that no further contact of any kind is allowed, as early as possible, as firmly as possible, avoiding tones or phrases that could be misconstrued as implying a second chance or playing hard to get;
2. Discipline yourself to avoid contact with the stalker which could be easily misinterpreted by the stalker; and
3. Document all stalking behavior and contact. Include date, time, location, type of contact, what was said, witnesses. (This Website offers a comprehensive stalking incident and behavior log that can be downloaded.)

For additional information about stalking or referrals to an advocate near you, contact: **National Center for Victims of Crime** (202) 467-8700

Information/referral line: 1-800-FYI-CALL <http://www.ncvc.org>

**National Coalition Against Domestic Violence**

(202) 544-7358

<http://www.ncadv.org>

**Privacy Rights Clearinghouse**

(619) 298-3396

<http://www.privacyrights.org>

**National Domestic Violence Hotline**

(800) 799-SAFE

(800) 787-3224 (TTY)

**Family Violence Prevention Fund**

(415) 252-8900

<http://www.fvpf.org>

**Violence Against Women Office**

**U.S. Department of Justice**

(202) 307-3913

<http://www.usdoj.gov/vawo>



*Long-term relationships that end when only one partner wants them to can often turn into stalking when the other partner refuses to let go. Stalking comes in various forms from unwanted phone calls to physical attacks, all of which can be terrifying to the victim and his or her family. (Photo illustration by Spec. Jesse J. Stanley, 65th PCH)*





Army Sexual Assault  
Prevention and Response Program  
*An Army of One Caring for All*

## What is Sexual Assault?

Sexual assault is a crime. Sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault includes:

- Rape,
- nonconsensual sodomy,
- indecent assault, or
- attempts to commit these acts.

Sexual assault can occur without regard to gender or spousal relationship or age of victim.

“Consent” shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated, or unconscious.

Other sex-related offenses are defined as all other sexual acts or acts in violation of the Uniform Code of Military Justice that do not meet the above definition of sexual assault, or the definition of sexual harassment as promulgated in DoD Directive 1350.2, Department of Defense Military Equal Opportunity. Examples of other sex-related offenses could include indecent acts with another and adultery.

For the specific articles of sexual assault offenses under the Uniform Code of Military Justice (UCMJ), see the Manual for Courts-Martial (MCM).

The types of sexual assault

The following are types of sexual assault -

- Rape - Sexual intercourse by force and without consent
- Forcible Sodomy - Oral or anal sex by force and without consent
- Indecent Assault - Unwanted, inappropriate sexual contact or fondling.
- Carnal Knowledge - Sexual intercourse with a child under age 16.

Sexual assault and sexual harassment

Sexual assault and sexual harassment are not the same, although they are related to each other.

· *Sexual harassment* is a form of gender discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature. For more information on sexual harassment, see **Army Regulation 600-20**.

There are two types of sexual harassment:

o *Quid Pro Quo* sexual harassment refers to conditions placed on a person's career or terms of employment in return for sexual favors. It involves threats of adverse actions if the victim does not submit or promises of favorable actions if the person does submit

o *Hostile Environment* sexual harassment occurs

when a person is subjected to offensive, unwanted, and unsolicited comments and behavior of a sexual nature that have the interferes with that person's work performance or creates an intimidating, hostile or offensive working environment.

· Sexual assault refers specifically to rape, forcible sodomy, indecent assault, or carnal knowledge as defined by the UCMJ.

· Sexual assault must involve physical contact. While sexual harassment can involve physical contact, it can also refer to verbal or other forms of gender discrimination of a sexual nature. Sexual assault is a crime punishable by the Uniform Code of Military Justice.

Neither sexual assault nor sexual harassment has a place in our Army.

· Sexual assault and sexual harassment can victimize males as well as females and can occur at any time.

· Both sexual assault and sexual harassment detract from a positive unit climate and can have detrimental effects on individual growth and teamwork. Teamwork is vital to combat readiness.

· Both sexual assault and sexual harassment are incompatible with Army Values.

· Both sexual assault and sexual harassment are incompatible with the Warrior Ethos.

What is the Army's policy on sexual assault?

The Army policy on sexual assault is as follows:

· Sexual assault is a criminal offense that has no place in the Army. It degrades mission readiness by devastating the Army's ability to work effectively as a team

· Sexual assault is incompatible with Army Values and the Warrior Ethos and is punishable under the Uniform Codes of Military Justice (UCMJ) and other federal and local civilian laws

· The Army will use training, education, and awareness to -

- o Prevent sexual assault
- o Promote the sensitive handling of victims of sexual assault

o Offer confidential counseling

o Hold those who commit sexual assault offenses accountable Reinforce a commitment to Army Values

· The Army will treat all victims of sexual assault with dignity, fairness, and respect

· The Army will treat every sexual assault incident seriously, thoroughly investigate the incident, and hold those who commit offenses accountable.

Sexual Assault is Incompatible with Army Values and the Warrior Ethos

Sexual assault can reduce the strength of your entire unit. You have a responsibility as a Soldier to work to prevent sexual assault from occurring in your unit.

## AF sexual assault fallout will change all Military Services

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

All members of the U.S. armed forces will deal with the fallout of the sexual assault problems at the U.S. Air Force Academy, Defense Department officials said.

First, the department “takes any and all allegations of sexual harassment and sexual assault very seriously,” said Pentagon spokesman Larry Di Rita. He said DoD is committed to improving prevention efforts, enhancing support to victims and increasing offender accountability.

The department will institute a confidential reporting process for sexual assaults. “We have learned that confidentiality to victims will actually increase the probability that cases will be reported – cases that are currently unknown to us,” said David Chu, undersecretary of defense for personnel and readiness. “We want to sustain good order and discipline by holding those who assault their fellow servicemembers accountable for their actions. But first and foremost, we want victims to come forward for help.”

The service secretaries and the service chiefs have agreed to this process. DoD will put the victims confidentiality reporting system in place by Jan. 1, Chu said.

But the services first have to agree on a clear, understandable definition of what sexual assault is, Chu said. “One of the things that often happens here is the individual will not necessarily characterize what happened to them as sexual assault,” he said. The definition will be written in plain English “such that the typical recruit at basic training can understand what we’re saying.

This is not going to be written for the lawyers.”

There is already substantial training for U.S. forces on preventing sexual assaults, starting in basic training. “We recognize we have to reinforce that,”

Chu said. Servicemembers will receive further training on preventing sexual assaults as they progress through their careers, be they officers or enlisted members, said he added.

The DoD inspector general said in a report that the root cause of sexual assault problems at the Air Force Academy was the “failure of successive chains of command over the past 10 years to acknowledge the severity of the problem.

Consequently, they failed to initiate and monitor adequate corrective measures to change the culture until recently.”

The report says that many Air Force Academy leaders “could have been better role models, could have been more vigilant in inspecting those placed under those command.” Leaders, the report said, “failed to guard and suppress sexual misconduct among cadets, whether or not prosecutable as specific crime, and failed to hold cadets accountable for such misconduct.”

An Air Force inspector general investigation on how agents of the Office of Special Investigations at the academy handled the allegations of sexual assault found there was “no evidence of intentional mishandling or willful neglect in any case reviewed.”

Gen. T. Michael Moseley, Air Force vice chief of staff, said action will speak louder than words. He vowed the service would deal with the problem and “provide a workplace with dignity and respect, and a safe environment for our people to serve honorably in their country.”

“The people come to us from a greater population,” Moseley continued, “but that does not take us off the hook to have the best possible care, the best possible environment and the tightest relationship to ensure that that dignity occurs at all levels in the Air Force, to include the academy, but also to include ROTC, to include (Officer Training School), to include basic training and tech schools, and to include every workplace in the Air Force, whether we’re expeditionary, deployed or home-stationed.”



# Fighter Wing opens base and hearts to children at Christmas

MAJ. GEORGE WORRALL, 103 FW PUBLIC AFFAIRS OFFICER

*Editors note: The Connecticut Children's Place requested that the children's faces and identifying information be omitted, which is why this article is not accompanied by pictures of the many smiling children or their last names following quotes.*

Food, fun and all around good cheer were the orders of the day as the 103<sup>rd</sup> Fighter Wing hosted the 31st annual Christmas Party for Connecticut Children's Place Dec. 16.

The children came to Bradley Air National Guard Base in East Granby for an evening event prepared by 103<sup>rd</sup> Fighter Wing volunteers that included music, dinner, a chance to sit in an A-10, talk with Guard members and of course receive bags of gifts.

So what motivates wing Airmen to stage this event each year?

"This time of year is always so busy you do not always realize how lucky you are, so it is nice to give something back, not just go shopping," said Maj. Roy Walton, assistant plans operations and military support officer, JFHQ-CT. Walton has played the master of ceremonies in costume since 1996, came as an elf this year, previous costumes have included Dilbert, a troll, and the Grinch. "I hope we do not need a party someday because there are no more kids (in the care of state)."

Many of the wing volunteers are long-time volunteers.

"Some of these folks have been doing this with me for 15 years," said Tech. Sgt. Russell G. Webster, production controller, 103<sup>rd</sup> Maintenance Operations Flight, who took charge of preparing the meal again this year. "This comes together every year because of all of awesome people. We had some new faces this year too and I hope they stick with us, it was the smoothest ever."

One of those new faces found out about the opportunity to help by chance.

"Sgt. Miller (Master Sgt. David Miller) was talking about getting turkeys and I found out they needed volunteers so here I am ... I will be back," said Staff Sgt. Nicholas A. Blanchard, supply journeyman, 103<sup>rd</sup> Logistics Readiness Squadron.

The party also marked the first year attending for some of Children's Place staff.

"I have always heard so many wonderful things about the party the Guard throws," said Linda F. Martin, school principal and 12-year veteran of Connecticut Children's Place who attended for the first time. "I think it is good to learn about something (the Air Guard) in the state like we all are tonight. It is worthwhile for the kids to see the planes and meet people here, like Col. Scace (now Brig. Gen. Dan Scace, JFHQ-CT)."

Attending is not automatic for the children. "Every year around this time we have a lot

of activities planned and they have to earn the privilege to come," said Shirley Wroten, children's services worker, Connecticut Children's Place, who also visited for the first time this year. "Most of them are here ... we only left six behind for different reasons."

So how do the children feel about the visit?

"I had fun talking to you all and learning more information about what you all do," said Elisa, 15, of Connecticut Children's Place.

There is always room for improvement of course.

"It would be better if I could take one (an A-10 Warthog) for a ride," said Kyron, 15, of Connecticut Children's Place.

The event was clearly a success thanks to the efforts of the volunteers and generosity of the members of the 103<sup>rd</sup> Fighter Wing. This event would not be possible without all the effort put in by those who baked, bought and wrapped presents, donated turkeys, cooked, and volunteered their time and energy to be with the children.

"The party is a success because members of the 103<sup>rd</sup> Fighter Wing, with our extended family and friends, have a lot of heart," said Senior Master Sgt. Sheryl Laporte, services technician, 103<sup>rd</sup> Services Flight, who organizes the event, and has 21 years of

involvement. "Every year the wing is busy, but every year we always make the time with a mixture of love and care to make this party wonderful for the children."

Based on consumption, 2004 may be one of the tastiest meals yet prepared.

"They ate more on the (serving) line than any year I have seen," said Senior Master Sgt. Gregory E. Boswell, production superintendent, 103<sup>rd</sup> Aircraft Maintenance Squadron. "We made 18 turkeys, 50 pounds of red potatoes, 20 pounds of mashed and what does not get eaten will go back with the kids so none of the donations get wasted."

A check was presented to the Connecticut Children's Place for \$1425 in addition to the dinner and gifts. The children from the Connecticut Children's Place made table center pieces with candles and greenery as a thank you gift to the wing.

The Connecticut Children's Place, which began as an orphanage in the 1880's, is the only facility of its kind in Connecticut. As a facility of the Connecticut Department of Children and Families, the Connecticut Children's Place provides diagnostics, brief treatment, residential care and educational instruction for abused and neglected children between the ages of 10 and 18 from all over the state.



Members from across the 103<sup>rd</sup> Fighter Wing and the Civil Air Patrol helped to serve and prepare the meal at the Connecticut Children's Place Christmas party Dec. 16. (Photo by Senior Airman E. Erin McNamara, 103<sup>rd</sup> CF)



## For ACS Operations Section, it's back to training

CAPT. GUY MARINO  
103<sup>rd</sup> ACS

The 103<sup>rd</sup> Air Control Squadron (ACS) Operations section continues to excel in a high tempo environment. After concluding a successful four-month Noble Eagle voluntary activation to the nation's capital in October, the section rolled into a Simulated Training Exercise (STE) in November. This type of training is invaluable to ensuring the sections Combat Mission Ready Status.

In defense of our nation's capitol, the 103<sup>rd</sup> was the lead Air Force Unit charged with working in the Joint Air Defense Operations Center, nicknamed the "JADOC." Members of the 103<sup>rd</sup> manned the JADOC around the clock at Bolling Air Force Base to watch for potentially hijacked or dangerous aircraft. In this Joint effort, the 103<sup>rd</sup> ACS worked side by side with our Army counterparts, the 3rd Battalion 265th ADA (Avenger NG Florida), based in Sarasota, Florida.

Upon returning to Connecticut, working out of Camp Rell, the section received valuable training during the November UTA STE. In a virtual training environment via tactical satellite connectivity, the unit simulated fighting an air war with the 255<sup>th</sup> ACS based in Gulfport Mississippi, and the 154<sup>th</sup> ACS based in Kauai, Hawaii. New technologies were utilized including Chat Rooms and Theater Deployable Communications Equipment, ensuring that our training effectively simulates real world contingencies.

Now that the 103<sup>rd</sup> is back home, training events like this will occur quarterly, combined with live training with fighter aircraft. Events like this allow us to train new folks in a classroom environment. Our next big STE will occur in February, when we will be training with all four services and our coalition partners the British Navy. The lead for this exercise will be the Navy's 2<sup>nd</sup> Fleet including the JFK Carrier Strike Group. This will allow us to keep our number of Combat Mission Ready operators at the highest levels.

# Course changes enhance enlisted professionals

TECH. SGT. DAVID A. JABLONSKI  
AIR FORCE PRINT NEWS

Air Force officials recently standardized enlisted professional enhancement courses and changed the supervisory structure for career assistance advisers and First Term Airman's Center course managers.

These changes enhance enlisted professionals by linking formal training, education and on-the-job training to develop Airmen's technical skills and leadership abilities, officials said.

"We have tremendous talent within our ranks and we owe (Airmen) the opportunity to develop their abilities and recognize their potential," Chief Master Sgt. of the Air Force Gerald R. Murray said.

More than two years ago, Murray and Air Force Chief of Staff Gen. John P. Jumper created a developmental roadmap to grow capable leaders through exposure to the right training, education and experience. This led to the implementation of the Enlisted Professional Enhancement Program, officials said.

To foster that development, the career assistance adviser now has functional oversight of enhancement courses and the center. The adviser will be assigned directly under the mission support squadron commander and the noncommissioned officer in charge of the center reports to the adviser. Both will be hired locally. The adviser will be a master or senior master sergeant serving for two years. The center supervisor will be a staff or technical sergeant serving for one year.

The career assistance adviser structure provides standardization for enlisted force development programs, said Senior Master Sgt. Maria Cornelia, superintendent of the career management branch.

"The original intent of the career assistance advisers was to serve as retention warriors for the wing. However, (their role) has evolved, and we are calling on them to assist with force-development and force-shaping initiatives."

Before standardization, base commanders created a variety of education programs to augment professional military education.

"While some of these programs were excellent, they lacked consistency from base to base," Murray said. "With this initiative, we'll have a solid curriculum to provide Airmen at every base the same foundation while still allowing flexibility to adapt to meet local needs."

There are now four standardized courses:

— Senior NCO professional enhancement is designed for Airmen selected for master sergeant. This mandatory course must be at least three to five days long.

— NCO professional enhancement targets NCOs who have not attended formal professional military education within the past three years. Half of each base's NCOs who meet the criteria must attend the course. Course length is also three to five days.

— FTAC is designed for Airman assigned to their first duty station. It lasts 10 to 15 duty days. All newly assigned Airmen must attend.

— The Right Decision Seminar targets first- and second-term Airmen, regardless of rank, who are 12 to 15 months away from their date of separation. Attendance for first-term Airmen is mandatory.

Commanders can tailor the courses, Cornelia said.

"There is a core curriculum that must be taught along with some suggested material," she said. "But there's flexibility for commanders to add courses to meet local needs or requirements, as long as it all fits into the time limit."

Air Force officials will complete the new instruction, AFI 36-2624, the Career Assistance Adviser and Enlisted Professional Enhancement Programs, before setting an implementation date for the new courses.



Sgt. 1<sup>st</sup> Class Brett Heidenis stands in front of a Blackhawk that he was about to get on. His unit conducted an "Air Bridge Mission" to transport personnel to and from the IZ to BIAP when the road was shut down for travel. (Photo courtesy Sgt. 1<sup>st</sup> Class Brett Heidenis, 143<sup>rd</sup> ASG)



Call 1-800-716-3550



# Focus: Actionable Intelligence relies on every Soldier

JOE BURLAS

*Editor's note: This is the 13th article in a weekly series on the 17 Army focus areas. This one focuses on "Actionable Intelligence."*

Actionable Intelligence means providing commanders and Soldiers a high level of situational understanding, delivered with speed, accuracy and timeliness, in order to conduct successful operations, according to the charter of the focus area task force on the subject.

Actionable Intelligence is not perfect intelligence — commanders need to be trained on what intelligence can be reasonably delivered and what cannot, said the Army's top military intelligence planner and policy maker.

Lt. Gen. Keith Alexander, Army G2, gave members of the Pentagon press corps a snapshot April 8 of what Task Force Actionable Intelligence has found since it was created last fall and how its initiatives will transform the way military intelligence will operate in the future.

One of the ways the task force hopes to change in the Army is making every Soldier a sensor that quickly reports the Soldier's

slice of the battlefield into a digital network.

Combat Soldiers are trained to report what they believe to be critical information up the chain of command.

However, that report takes time as it makes it through the chain, and the information that is reported is often filtered.

By the time it makes it to where it might be acted on, it is often too late or incomplete, Alexander said.

A shared network, with each Soldier having a means of digitally inputting and sending what he sees, is where Army is heading, Alexander said.

Progress in the area is being made, as he said his action officers are in close coordination with their counterparts in G6 to develop and implement the infrastructure, equipment, procedures and tools needed for that network.

Looking at lessons learned from Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom from the start of major hostilities through recent observations of current threats, the task force identified 127 issues that needed to be fixed as soon as possible. Interim and permanent solutions for all but a few of those issues have already been implemented, Alexander said.

Some of those fixes have been changes to

procedures, software updates and rapid fielding of new equipment.

One of the biggest intelligence shortcomings of both operations was the lack of human intelligence assets at the battalion and brigade level — something that is being addressed as returning forces reset into modular forces, Alexander said. Warfighting forces currently in the Central Command area of operations have been beefed up with a number of ad hoc tactical HUMINT collection teams as well.

The greater need for tactical HUMINT is because the threat has changed in our lifetimes, from facing a Cold War adversary armed with lots of tanks and artillery to an asymmetrical enemy, Alexander explained. The intelligence community is no longer just looking for a bunch of equipment to identify where the enemy is and determine what his intentions might be; it is also looking for individual people, Alexander said.

The G2 said he is looking to industry and academia to help better organize and visually present information from multiple intelligence databases. The current system is much like an Internet search using a standard search tool that gives you thousands of hits. Refining your query until

you get what you are looking for is time-consuming, Alexander continued.

There has to be a better way of getting the data you need than using a hierarchical Industrial Age process when we are living in the Information Age, Alexander said.

Situational awareness also means sharing information seamlessly across all levels — from national intelligence assets down to the Soldier on the battlefield. That will require a cultural change and a lot of training, Alexander said.

*(Editor's note: See related article, Initiatives seek to transform Army intelligence capabilities. The Army's 17 immediate areas of focus include: The Soldier; The Bench; Combat Training Centers/Battle Command Training Program; Leader Development and Education; Army Aviation; Current to Future Force; The Network; Modularity; Active Component/Reserve Component Balance; Force Stabilization; Actionable Intelligence; Installations as Flagships; Authorities, Responsibilities, and Accountability; Resource Processes; Strategic Communications; Joint Expeditionary Army with a Campaign-quality Capability; and Logistics. To view a brief synopsis of each area, visit The Way Ahead.)*

## NSPS implementation set to start in summer

GERRY J. GILMORE  
AMERICAN FORCES PRESS SERVICE

Implementation of the first phase of the Defense Department's new National Security Personnel System is slated for next summer, senior officials in Washington said.

The new civilian personnel system is one of Defense Secretary Donald H. Rumsfeld's key initiatives designed to transform DoD operations to better meet 21st-century needs, Charles S. Abell, principal deputy under secretary of defense for personnel and readiness, said during a Dec. 13 interview at the Pentagon.

The NSPS replaces an outmoded, 50-year-old civilian personnel management system, Abell noted, that had rewarded employees for longevity.

NSPS, he said, incorporates a performance-based pay system in tandem with a restructuring of the civilian work force to better support department missions.

The first grouping, called Spiral One, of NSPS implementation is planned for July 2005, Abell reported.

This will affect about 300,000 U.S.-based Army, Navy, Air Force and DoD agency civilian employees and managers. DoD currently has about 700,000 civilian employees.

"That (implementation) date is flexible, because we are not going to implement it until we are ready," he noted.

Officials will be working with installation and unit commanders from now until July,

Abell noted, to discuss NSPS training needs and other issues prior to implementation.

Commanders, supervisors and employees "will want to get familiar with the system" between now and July, Abell pointed out. NSPS Program Executive Mary E. Lacey, who accompanied Abell at the interview, echoed his point.

**"Senior leadership of the department...is going to be there with them, making sure that the folks are trained, making sure that they fully understand the intricacies of the system as well as fully understand what's going to be expected of them."**

MARY E. LACEY, NSPS PROGRAM EXECUTIVE

"Before any work unit goes into the National Security Personnel System," Lacey explained, "senior leadership of the department, as well as their local management, is going to be there with them, making sure that the folks are trained, making sure that they fully understand the intricacies of the system as well as fully understand what's going to be expected of them."

The NSPS, she said, represents "an incredibly exciting opportunity for the department to move forward in its transformation" of how it uses, manages and trains its civilian personnel.

"I like to say that people are the only appreciating asset in the Department of Defense," Lacey maintained. The National Security Personnel System, she added, sets

the stage so the department "can truly acknowledge and reward" its civilian employees.

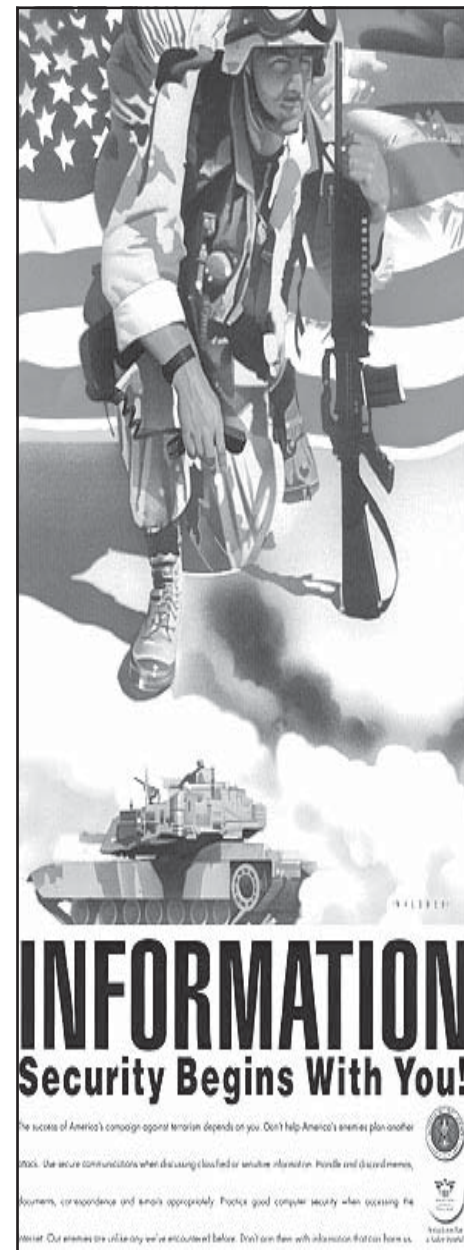
It's anticipated that Spiral Two — will begin around January 2007, Lacey said. But officials note that will happen only after certain certification occurs and criteria are established, based on Spiral One assessments. A third spiral grouping will comprise DoD laboratories should current legislative restrictions be eliminated.

The Oklahoma City Air Logistics Center at Tinker Air Force Base, Lacey reported, will be among the first units to implement the NSPS in July 2005. Air Force Maj. Gen. Terry Gabreski, who also participated in the interview, commands the air logistics center, which performs maintenance on KC-135 aerial-refueling tankers and B-1B, B-52 and B-2 bombers.

The NSPS phase-in, Gabreski said, will affect about 7,000 civilian employees at the Oklahoma City center.

"This is really exciting to have our outstanding work force at Tinker recognized by the selection to be in the NSPS," Gabreski remarked. "This is an opportunity for our work force to shape this landmark reform to the personnel system."

The NSPS implementation, the general said, will enable civilian employees within her command to "see up close and personal the benefits of performance-based pay and contributions being recognized as an important part of the personnel system that they are part of."





# Connecticut Military Department News

## Foot Guard appoints new honorary captains

SGT. MARK BOUDREAU  
1<sup>ST</sup> Co. GOVERNOR'S FOOT GUARD PUBLICITY

Maj. Dennis Conroy appointed three Connecticut state legislators as new honorary captains in the ranks of the First Company Governor's Foot Guard. The ceremony was part of the unit's monthly battalion parade on Monday, November 29, 2004 at the Foot Guard's armory on High Street in Hartford.

Receiving the honorary commissions were:

\* State Senator Thomas Herlihy serving the 8th Senatorial District which includes the towns of Avon, Barkhamsted, Canton, Colebrook, Granby, Hartland, Harwinton, New Hartford, Norfolk, Simsbury and Torrington

\* State Senator Christopher Murphy representing the 16th Senatorial District which includes the towns of Southington, Waterbury, Wolcott and Cheshire

\* State Representative Bruce 'Zeke' Zalaski serving Southington's 81st Assembly District



## Bugle salute to the fallen

SPC. JORDAN E. WERME  
65<sup>TH</sup> PRESS CAMP

Brother against brother, father against son, neighbor against neighbor. The American Civil War made bitter enemies of even the closest of friends.

But amidst all the fighting, Union and Confederate Soldiers shared a simple beauty: a single bugle playing 24 notes that continue to ring out today.

In one popular version of the story, a Union captain risks his own life to save a dying man who turns out to be not only a Confederate Soldier, but the captain's own son.

According to this story, the captain finds a scrap of paper upon which is written the music now known as *Taps*.

Out of respect for the captain, the Union commander allows a single bugler to play the composition at the fallen Soldier's burial; setting forth what would become a tradition of nearly a century and a half of funeral honors.

Unfortunately, this romanticized version of the story is not accurate.

In truth, the music which Soldiers recognize as the call for lights out, or as the emotional signal of a comrade's passing, is an adaptation of an early French piece called *Tattoo*, also used to signal lights out.

*Taps* was adapted by Brig. Gen. Daniel Butterfield, commander of the 3<sup>rd</sup> Brigade, 1<sup>st</sup> Division, V Army Corps, Army of the Potomac, in 1862.

Butterfield did not find the firing of three rifles as a satisfactory salute to his fallen

Soldiers, and set himself to the task of finding a more suitable tribute.

While commanding at Harrison's Landing, Virginia, Butterfield led his troops through the Seven Days Battle as part of the Peninsular Campaign of 1862.

In order to better honor his troops, Butterfield enlisted the help of Oliver W. Norton, a bugler from Chicago, and transformed *Taps* into the bugle call we know today.

Even the brutal battles of the Civil War could not stop the spread of such a fitting tribute to the men who had fallen in battle, and soon both sides, Union and Confederate, were sounding *Taps* to honor their dead.

Shortly after the song spread through the military ranks, Soldiers began putting their own words to the 24-note salute to the departed.

To this day, no official lyrics have been put to the music, but the first recorded lyrics provide what may be the perfect haunting glimpse at what a fallen friend, brother or father means to a Soldier at war:

**Day is done,  
gone the sun,  
From the hills,  
from the lake,  
From the sky.  
All is well, safely  
rest,  
God is nigh.**

## TAPS



Visit the  
**Connecticut Guardian**  
online at [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

## First Company Governor's Foot Guard



74th Annual

**DOG  
SHOW**

And Obedience Trial



Sunday, February 20 8:00 am  
Hartford Civic Center - Exhibition Hall  
Trumbull Street, Hartford CT

ADMISSION: Adults - \$7 Seniors - \$5 Children under 12 - FREE



# Governor's Horse Guards represent Connecticut in Ina



The 1st Company Governor's Horse Guard allow their horses to graze and stretch before saddling up for a practice ride in parade formation. (Photo by Spc. Jesse J. Stanley 65th PCH)



1st Lt. Doreen Jurgens holds Patton, the 2nd Company's largest horse, he is a Clydesdale and Thoroughbred mix. (Photo by Spc. Jesse J. Stanley 65th PCH)



With the Nation's Capital behind them, the 1st Company Governor's Horse Guard proudly marched down Constitution Avenue representing Connecticut in the inaugural parade Jan. 20.



# Inaugural Parade



The 2nd Company lined up to begin their parade practice the day before the parade. (Photo by Spc. Jesse J. Stanley 65th PCH)



Photo by 1st Lt. Celine Marini, JFHQ PA)

## From Page 1

For many, it was a once in a lifetime opportunity to march in the parade of parades, the presidential inauguration parade.

On Jan. 20, 2005 the 1st and 2nd Company Governor's Horse Guard became a part of history as they passed the reviewing stand and saluted the President of the United States.

The horse guard's journey began several days before. Braving the cold New England air on Jan. 18 at 3 a.m. they gathered at their respective horse farms to groom, feed and load the horses into their trailers. In addition to loading horses they also brought with them several hundred pounds of feed, hay and other essentials. It took more than two hours to be ready to depart. Forty-one horses and 70 troopers would make the trip.

"The cold is not bad on the horses, they are fine as long as they are dry," said 2nd Lt. Linda Meyers, Horse Officer, 2nd Co. Gov. Horse Guard. "We're the ones who had some trouble with the cold and the dark while loading."

The drive to Maryland took eight hours, which is a long time to keep these horses inside a small trailer.

"Riding so long in the trailers is stressful to them," said Meyers. "They are used to being outside. They are creatures of habit and we broke their routine."

The horses live outside year round, only coming inside if the weather is going to be very wet and cold.

Once they got to their location there was no time to rest. The horses were unloaded and walked around for more than an hour allowing them to stretch out and calm down. While the riders were walking the horses, other troopers readied the stalls for their new occupants.

It was after 5 p.m. when the troopers finally checked into their hotel. It was perhaps the only night of rest they would get during their trip.

First formation in the next day was at 7 a.m. The troopers all assembled at the stables for a long day of work. The stalls had to be cleaned and the horses groomed and fed. There was also practice riding in formation before the actual parade. The troopers were growing more excited the closer they got to parade day.

"It's an honor that we were invited to represent Connecticut," said Pfc. Evelyn Moore, 1st Co Gov. Horse Guard. "I am thrilled to be a part of this."

"This is my first big parade as first sergeant," said 1st Sgt. Bob Mazzara, 1st Co. Gov. Horse Guard. "I am happy I get to experience this with my son." Mazzara's son is a platoon sergeant in the second company.

After their practices, the troopers stayed for an informational session given to all of the horse units in their section of the parade. After the meeting the troopers all gathered for a joint dinner between the companies.

"It is a great experience," said Mazzara. "It is a lot of work and takes a lot of teamwork to get it all done."

"It is the camaraderie amongst the troops that makes us more of a family," Cpl. Christine Johnson, 2nd Co. Gov. Horse Guard, Public Affairs NCO said.

The horses are a unifying agent among all these people.

"The horses bring us all here," said Recruit David Perry, 1st Co. Gov. Horse Guard. "People love these horses and taking care of them. You don't hear any complaining."

At 3 a.m. Jan. 20, parade day, as the troopers all gathered after no more than four hours of sleep there were no complaints.

By 6 a.m. the horses were all groomed for the parade, fed and the stalls cleaned. They were then loaded and moved to the staging area. This was where all the units in the same section of the parade met to convoy to the parade assembly area. The highway to the parade route was shut down and a police escort was provided for the convoy.

"It is a little intense," Sgt. Karen DeFriesse, tack sergeant, 2nd Co. Gov. Horse Guard said. "We have 45 minutes to unload the horses, all of our gear and get all of the tack on once we reach the assembly area. Once we unload, our trucks have to leave taking with them any spare gear we have. It is important that nothing is forgotten once we get there, there is nothing we can do to correct a mistake if one is made."

In addition to the normal dress, the horses of the 2nd Co. Gov. Horse Guard wore black ribbons with the names of service members from Connecticut who died in the line of duty. Twenty-two black ribbons in all. One of them was added the day before when news of a recent death reached them.

"We will ride with pride, each horse bearing a black ribbon with one of our lost Connecticut hero's name, rank and branch of service displayed on it," Maj. Janis Arena, Commandant 2nd Co. Gov. Horse Guard, said. "We felt that it was appropriate to remember those who have made the ultimate sacrifice and put themselves in harm's way to keep us safe. What better way to give thanks to these Connecticut heroes for the lives that they gave than to honor them during the celebration of our freely elect United States President."

By 9 a.m. all the horses were unloaded and ready to go.

They had to wait in the assembly area for more than four hours. The assembly area was bustling with activity; there were horses as far as the eye could see. There were units from all over the country readying themselves for the parade that was to come.

For more than four hours the horse guard waited with their horses in the cold.

"The biggest challenge is the weather," Sgt. Cindy Joyce, 2nd Co. Gov. Horse Guard, said. "In the bitter cold it is hard to do anything."

At 1:30 p.m. the secret service inspected every person and animal in the assembly area. As they did this they moved them toward the shoot. They also inspected the grounds of the assembly area for any potential security risks.

It was not until 4 p.m. that the horse guards actually stepped off onto the parade route.

Spectators lined both sides of the streets for the length of the entire route, which was more than a mile long. The horse guard proudly represented Connecticut to all those assembled to watch the historic event. People cheered as they horse guard was announced over loud speakers along the route.

It had taken a lot of hard work and dedication to get to this point.

More than \$14,000 had to be raised by each company to be able to participate in the parade. This covered their busses, lodging and stabling of the horses.

The horse guard is made up of volunteers.

"They don't get paid for this," said Maj. Andrew Arsenault, Commandant, 1st Co. Gov. Horse Guard. "It is a volunteer organization. They make a lot of sacrifices to be here. They take off of work; they work long hours here and do not get paid doing it."

"I think a lot of people, if they saw the amount of work we do as volunteers would say we were crazy," Staff Sgt. Paul Mazzara, 2nd Co. Gov. Horse Guard said.

At approximately 4:45 p.m., more than 12 hours after they began that day, the horse guard passed before the reviewing stand and saluted President George W. Bush at the start of his second term. As they passed by, he returned their salute and waved to each of them.

All of their hard work and hours of waiting in the extremely cold weather culminated in this one moment, a moment that for many is the highlight of what it is to be in the horse guard, the parade of all parades.



Recruiting & Retention: Mission One

# TAG to unveil Recruiting, Retention plan for Connecticut

SGT. 1ST CLASS DEBBI NEWTON  
STATE PANCO

The National Guard nationwide has had a busy few years with overseas deployments and Homeland Security missions. The Guard has also suffered a decline in recruiting nationwide, and Connecticut is no different.

Many factors have contributed to this downward trend, including active duty stop loss, number and duration of deployments and the number of potential members coming off active duty not wanting to enter the National Guard when they know they could be deployed again after having served in Afghanistan or Iraq while on active duty.

Maj. Gen. William A. Cugno, adjutant general for the Connecticut National Guard, is determined to turn that trend around.

To that end, he will be unveiling a multi-tiered recruiting and retention plan to his MACOM and battalion commanders this month.

The plan has many elements, some of which are still in the planning stages, but many of which are new and innovative programs.

Lead generation will be a key component of this new program. Using the APPLE-MD form (see form to the right), Soldiers and Airmen can refer potential members to their unit commanders.

The form requires basic information on the potential recruit as well as **Age**; **Physical condition**; **Prior service**; **Law violations**; **Education**; **Marital status**; and **Dependents** (APPLE-MD), all factors to be taken into consideration when talking to people about joining the Guard.

These factors all weigh heavily in whether a person is eligible, or they will affect their decision to join (marital status and dependents).

A second component of the plan is the recently announced nationwide increased bonus program. The increased bonuses are an effort to improve the Army Guard's recruiting and retention efforts during the global war on terrorism and build the Army Guard back up to its authorized strength of 350,000 troops.

The bonus increases for fiscal year 2005 include:

- An increase in reenlistment and extension bonuses for enlisted people from \$5,000 to \$15,000.
- An increase from \$5,000 to \$15,000 for prior service enlisted people who enlist in the Army Guard for six years. That includes former active duty members of the Army, Navy, Air Force, Marines and Coast Guard

who have fulfilled their military service obligation.

- An increase in enlistment bonuses from \$8,000 to \$10,000 for people without prior service who sign up for one of the Army Guard's "top 10" military occupational specialties, such as the infantry, military police and transportation.
- A \$6,000 bonus for newly commissioned officers and warrant officers and for officers who have served on active duty.
- A \$2,000 bonus for enlisted Guard Soldiers who agree to be retrained for a military occupational specialty to meet the needs of the Army Guard provided the Soldiers are not receiving any other incentives.

Guard Soldiers will receive a lump sum for reenlisting. New Guard Soldiers joining the military for the first time and those with prior service will be given a 50-50 payment schedule.

Those who join the Army Guard's enlisted ranks who still have a military service obligation following their active duty tours will be eligible for a \$50 bonus for each remaining month of their obligation, it was explained. They can then receive a \$15,000 bonus if they reenlist in the Guard.

The eligibility for receiving reenlistment bonuses has been extended by two years. Guard Soldiers previously could not receive a bonus after 14 years of service. They are now eligible for up to 16 years.

Lt. Gen. H. Steven Blum Chief, National Guard Bureau, has also promised to double the Student Loan Repayment Program — from \$10,000 to \$20,000 — for non-prior service people who have existing loans when they enlist.

The Army Guard will also offer Montgomery GI Bill Kickers of between \$200 and \$350 per month to non-prior service people who are enrolled in colleges or vocational schools provided they are already receiving GI Bill benefits.

A third component to the plan is adding recruiting resources to the state's Recruiting and Retention force.

Active Duty for Special Work (ADSW) opportunities exist in the Recruiting command for Soldiers who are interested in assisting for 179 days, renewable for a second 179-day tour. Soldiers interested in finding out more can contact the Recruiting and Retention Command (RRC) office at (860) 878-6759 or (860) 878-6793 for more information and qualifications for the positions.

National Guard Bureau (NGB) has also authorized, and funded, additional recruiting positions for each state. Information and application procedures can be found on the Connecticut National Guard Website at [www.ctarng.army.mil](http://www.ctarng.army.mil) and clicking on the Employment Opportunities link.

But the RRC is not the only place changes will be made to improve recruiting and retention.

The State Public Affairs Office will also be involved in recruiting and retention efforts with the launching of a Public Access television program (a combined effort with the Air Guard), a quarterly magazine and the reintegration of recruiting and retention

columns in the *Guardian*. These are still in the formulation stages and more information will be released about them as it becomes available.

National Guardsmen who have retired in the past couple of years may also be able to come back into the Guard if they wish. According to Cugno's recruiting and retention it may now be easier than ever for retirees to come back, provided they meet membership requirements.

There are other components of the adjutant general's innovative recruiting and retention plan that still have details being worked out, but that will lead to a stronger, fuller Connecticut National Guard force, protecting its citizens both here and abroad.

## Submit your recruiting leads

Please use the form below to submit recruiting leads to your unit commander

### APPLE-MD

APPLE-MD: A friend for the Army National Guard

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

PHONE #: \_\_\_\_\_

A. AGE: \_\_\_\_\_

P. Physical Condition: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

P. Prior Service? \_\_\_\_\_

L. Law Violations? Yes: \_\_\_\_\_ No: \_\_\_\_\_

If yes, what were the charges? \_\_\_\_\_

E. Education: Highest Grade Completed: \_\_\_\_\_

M. Marital Status: \_\_\_\_\_

D. Dependents: \_\_\_\_\_

\*\*\*\*\*



# Santa visits 103rd Fighter Wing

2<sup>ND</sup> LT. JEFFERSON S. HEILAND  
DEPUTY PUBLIC AFFAIRS OFFICER, 103<sup>RD</sup> FIGHTER WING

As we spend time with our families during the holiday season, much of the focus is on our children. It was no different at the annual 103rd Fighter Wing Children’s Christmas Party Dec. 19 at the dining facility on base.

The Air National Guard Non-Commissioned Officer Academy Graduate Association hosted the event for the wing members’ children to age 12.

The party was a huge success again this year, with approximately 75 children and 150 adults attending.

“The purpose of the party is to have the kids sit on Santa’s lap...we provide each child with one or even two gifts,” said Chief Master Sgt. Raymond W. Welton, quality assurance superintendent, 103rd Maintenance Squadron, who serves as president for the NCOAGA local chapter 28.

Santa’s much anticipated arrival did not disappoint. With his reindeer resting for the 24<sup>th</sup>, Santa arrived on a fire truck along with a fire department escort. As each child had the opportunity to sit with Santa, an elf snapped an instant photograph and gave it to the parent as a keepsake.

Welton spent considerable time and effort preparing for the gift-giving portion of the event. Parents provided gift ideas for each child during advance registration. After checking this list twice, he shopped for and wrapped the presents.

The best part, said Welton, is “knowing that all the efforts that are put into it, that the kids are going to have an excellent time.”

Guida’s Dairy, a faithful supporter of the event, provided milk, orange juice, and ice cream. United Service Organizations local affiliate, USO of the Pioneer Valley, also provided support lending a hand with snacks, coffee, caroling, and games. Favorite games included pin the flag on the A-10 and a bean-bag toss.

Master Sgt. David A. Leduke, sensor shop chief, 103rd Maintenance Squadron, enjoyed the festivities along with his children, Jonathon, 5, Nathaniel, 3, and Matthew, 7 months. “My favorite part was watching the kids run around having fun with other kids they didn’t know,” Leduke said. And Nathaniel loved his elephant Beanie Baby, he said.

Two-year-old Aneyah also loved her gift from Santa. Although she arrived with her mother, Staff Sgt. Meisha Nieves, military personnel specialist, 103rd Mission Support Flight, after Santa had come and gone, he did leave for her a Dora the Explorer chair.



Devin Worrall (center), 20 months, clings to his mother, Swati Bhatt-Worrall (left), as Rudolph the Reindeer (Master Sgt. James Shewokis) welcomes him to the 103rd Fighter Wing Christmas party Dec. 19. (Photo by Maj. George Worrall, 103<sup>rd</sup> FW)



Thomas Rizzo (seated) who describes his age precisely as “3.5,” poses on Santa Claus’ (Master Sgt. Timothy Barkyoub) lap at the 103rd Fighter Wing Christmas party Dec. 19. (Photo courtesy of Lt. Co. Lawrence Rizzo, 103<sup>rd</sup> FW)

11<sup>th</sup> ANNUAL  
NGACT  
CONFERENCE

Keynote Speaker: Representative (R-2<sup>nd</sup> District) Rob Simmons  
March 19, 2005 at Nett Hall, Camp Rell

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Membership Status:    ☐ Life    ☐ Annual    ☐ Honorary    ☐ Corporate    ☐ New

Unit: \_\_\_\_\_ ☐ Army or ☐ Air or ☐ Militia ☐ Active or ☐ Retired

Home Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

I will attend the following: (Conference dress is casual business attire)

Business Session ☐ 9a.m. to noon,

Afternoon Program (election) ☐ 1p.m. to 3p.m.

First Come first serve Hotel Discounts - Days Inn call 1-800-268-2195, (Discount

ID # 60712) \$68 - king, \$76 – dual queen, or Niantic Inn \$83 (ID Government Leisure rate)

860-739-5451

Conferees must make their own reservations and use the discount ID code.

Fees:

\$20 Conference Registration (includes morning refreshments and light lunch) \_\_\_\_\_

2005 Dues Renewal\*    \$6 annual member, \$60 new life member \_\_\_\_\_

Total Enclosed \_\_\_\_\_

\*You may also join or renew association membership on the day of the conference

Please return this registration along with the appropriate fees to: The National Guard Association of Connecticut, National Guard Armory, 360 Broad Street, Hartford, Connecticut 06105-3795

For more information contact 860-247-5000.



# Military Matters



## Technicians, do you know your Weingarten Rights?

It is the exclusive representative's (ACT) right by law, to be present at two kinds of meetings: 1) Formal discussions and 2) Investigatory examinations.

1) *Formal Discussions:* Management must give the union reasonable advance notification of the time, place, and general subject of a formal discussion. The union had the right to attend the formal discussion. If the union has been properly notified and does not appear at the meeting, it has waived the right to be represented and the meeting may be held.

A formal discussion exists when four criteria are met:

- a. There must be a meeting.
- b. The participants must include one or more agency representatives and one or more employees or their representatives.
- c. The subject matter must concern a grievance or a condition of employment.
- d. The meeting satisfies certain formality factors:
  - 1. The person holding the meeting should be a first line supervisor or higher.
  - 2. Whether any other management

- representative attends.
- 3. Location of the discussion i.e. employee's desk or supervisor's office.
- 4. Length of the meeting.
- 5. How the meeting was arranged - spontaneously or written notice.
- 6. Was a formal agenda established?
- 7. Was the employee's attendance mandatory?
- 8. The manner in which the meeting was conducted.

The union's right to attend a formal discussion exists even if the employee does not want the union present because the union represents the interest of all bargaining unit employees and any grievance could impact on other employees in the bargaining unit.

Meetings that are not of a formal discussion include: counseling sessions, meetings at which an employee is disciplined, fact-finding or investigative meetings unrelated to a grievance, discussions on individual job performance and meetings to deliver work instructions or assignments.

2. Investigatory Examinations  
To be subject to a Weingarten Right all the following elements are required:

- a. An examination of an employee in connection with an investigation. To be an Investigatory Examination the meeting must involve the questioning of an employee as part of an inquiry to find facts.
- b. The examination is conducted by an agency representative i.e. supervisors, managers, personnel specialists, and internal auditors.
- c. The employee reasonably believes disciplinary action against him/her may result.
- d. The employee requests representation. The union's entitlement to be present occurs only at the employee's request. If the employee does not request union representation, management may hold the meeting without notifying the union.

Agency management may cancel or terminate the examination at any time, even after the employee requests to have exclusive representation present. If management terminates or cancels the examination, it is free to take action on the basis of other evidence.

Management has the right to insist that the employee and not his or her representative respond to questions asked in the Investigatory Examination.

If you have any questions, please contact Captain James Guerrero, Labor Relations Specialist, (860) 878-6728.

SASC Directory	
<b>SOLDIER-AIRMAN SUPPORT CENTER</b> 555 Willard Avenue, Building 2W Newington, CT 06111-2693	
Toll Free: 1-888-548-SASC E-Mail: <a href="mailto:FirstName.LastName@CT.NGB.ARMY.MIL">FirstName.LastName@CT.NGB.ARMY.MIL</a> Fax: (860) 878-6711	
Human Resources	
Personnel Officer	
LTC Michael Vassile	878-6722
Secretary/Receptionist	878-6712
Equal Employment	
State Equal Employment Manager	
SPC Scott Farrell	878-6718
Human Resources Assistant	
SPC Ivette Rosario	878-6721
Technician Management	
Technician Manager	
LTC Jeffery Saboda	878-6714
Employee Relations	
Ms Christine Bartlett	878-6738
Ms Kathleen Riccio	878-6735
Staffing	
SSG Brett Wilson	878-6739
SSgt Annette Rivera Torres	878-6734
Classification	
SSMgt Kevin Salisbury	878-6730
Labor Relations	
CPT James Guerrero	878-6728
Employee Development	
MSgt Claire Potter	878-6713
Information Management	
SSG Andrew Lahrndt	878-6720
TSgt Jackie Jonsson	878-6736
AGR Management	
AGR Manager	
CPT James Guerrero	878-6728
Personnel NCO	
SPC Lee Beaucar	878-6729
Personnel NCO	
SPC Christopher Mackenzie	878-6727
Identification Cards	
SPC Frederick Kyeremeh	878-6725
Senior Army Advisor	
Senior Army Advisor	
LTC Thomas Donnelly	878-6716
Administrative Assistant	
Mr John Marston	878-6717

For more information on these or other programs, contact the HRO Soldier Airman Service Center in Newington at (860) 878-6713

## Education Essentials: Websites offer degree seekers advice, choices, information

**Virtual Armory Website:** <http://www.virtualarmory.com> under "education"  
This web site lists Army National Guard education's latest information and updates. Soldiers can fill out the Federal Tuition Assistance (FTA) application and submit online without having to go thru their units. Soldiers can submit an application that starts the Education Service Center (ESC) degree planning process or request the Student Guide to Success and eDiscover services.

**ARNG Education Support Center (ESC):** 1-866-628-5999 or [www.virtualarmory.com](http://www.virtualarmory.com)

Counselors are available to answer questions about financial aid, tuition assistance, GI Bill or college degree requirements. Soldiers can submit an application to the ESC for personalized assessment and degree planning. ESC takes all of a soldiers training/experience into account and generates personalized degree plans that maximizes credit transfer. The help Soldiers determine the fastest degree program with the least classes required, the closest school that accepts the most transfer credits, and MOS related degree programs.

**Department of Veterans Affairs (VA):** 1-800-442-4551 or [www.gibill.va.gov](http://www.gibill.va.gov)

This organization receives, approves, and makes payments of Montgomery GI Bill benefits.

Regional VA offices work with college VA representatives (usually within registrars / admissions departments) for paperwork certification. Regional VA offices also work with State officials for apprenticeship and On the Job Training (OJT) paperwork.

**Other good programs:** Phone Numbers and Websites

**DANTES** (Defense Activity for Non-Traditional Education Support)  
(850) 452-1760 or [www.dantes.doded.mil](http://www.dantes.doded.mil)

**SOC** (Servicemembers Opportunity Colleges)  
5822-5822-5822-5822 or [www.soc.aascu.org](http://www.soc.aascu.org)

**AARTS** (Army / ACE Registry Transcript System)  
Military experience for college credit. 1-866-297-4427 or <http://aarts.army.mil>







COMMAND SGT. MAJ.  
RAYMOND P. ZASTAURY

## Enlisted Update

### *Patriotism and uniform key to recruiting*

The Connecticut National Guard continues to support the Global War on Terrorism. As we prepare to welcome home the 118<sup>th</sup> Medical Battalion and the Platoon from Co C 1/102<sup>nd</sup> Infantry Connecticut is preparing for more units to mobilize and deploy. Please join with me and keep the Soldiers from the 143<sup>rd</sup> Area Support Group, Companies B & D 189<sup>th</sup> Aviation, the 208<sup>th</sup> Personnel Service Detachment and the 141<sup>st</sup> Medical Company in your thoughts and prayers.

The number one priority in the Connecticut National Guard is Recruiting and Retention. The Connecticut National Guard is currently experiencing a shortfall in membership.

I need every enlisted Soldier and Airmen to talk to and influence one person to join our organization. The civilian support for the Military is at an all time high. We need to take advantage of this current high level of Patriotism and talk to and encourage Connecticut citizens to become members of our Army and Air Guard

Every time we put on and wear the uniform we become an instrument for recruiting new members.

Many times while in uniform people approach us and thank us for our service. Just tell people you meet about the Connecticut National Guard and what you do in the Guard.

By spreading our story about the relevance of the Guard to as many citizens of Connecticut as possible I am confident we can get our numbers up to our authorized strength.

Don't be afraid to ask people you meet to become a part of the Connecticut National Guard. All current and former members enlisted for one reason or another. Keep those reasons in mind and use them to influence others in the community to join our Guard.

If you know someone that has separated from the Guard within the past two to three years, I want you to speak to them and ask them to consider coming back and rejoining our Guard.

We need their experience to keep our organization relevant in today's OPTEMPO environment. We cannot afford to let our strength to continue on its downward path. If we do, our organization will lose force structure and all that goes it such as Full-Time personnel, equipment, infrastructure and dollars.

I am also asking all our retirees to get involved in helping the Connecticut National Guard improve its strength. In your travels around the State of Connecticut I need you to talk to people about the benefits of membership. For those gray area retirees that feel they can bring their leadership and expertise to our organization, it is now much easier to come back to the Guard from the Retired Reserve.

Just as important as recruiting we must do everything possible to retain our current Soldiers and Airmen. It is up to every leader to train, mentor and lead our members. We cannot allow our Soldiers and Airmen to just leave our ranks without first ensuring we as leaders did everything possible to try and retain them.

And just asking a Soldier or Airman to stay during their last drill as they are turning in their gear is not acceptable. Our Soldiers and Airmen must know that their service and dedication does not unnoticed and is appreciated.

A leader that expresses their sincere thanks to a subordinate for a job well done can contribute to the decision someone may stay in the Guard.

I'm sure that someone influenced many of us who continue to serve well past our original military service obligation.

If you are one of those individuals that influenced someone to remain in our organization then I salute and thank you. And I need you to continue to influence our members to stay in the Connecticut National Guard. Continue to train and mentor your Soldiers and Airmen and they will stay in for many years to come.

It is important for us as leaders to keep a positive mental attitude and encourage our subordinates to do the same.

The leader with a positive attitude has a much better chance of gaining the respect and admiration from his peers and subordinates. It could turn out to be the deciding factor as to whether a Soldier or an Airman continues to serve in the Connecticut National Guard.

Again, I ask all Connecticut National Guard Enlisted Soldiers and Airmen to assist the Connecticut Army and Air National Guard recruiters by supplying them with names and phone numbers of future members. I need your help with recruiting "NOW."

As always continue to keep our brothers and sister who are currently in harms way in your thoughts and prayers.

God bless them all and God bless the United States of America.

## Guard Voices

### *Farewell from Acting Secretary Brownlee*

To the Men and Women of the United States Army:

It has been a great honor and privilege for me to serve as the Under Secretary of the Army for the past three years and concurrently, for the past eighteen months, as the Acting Secretary of the Army.

Our Nation's greatness was achieved by the generations of Americans who have served their country with honor. From your grandparents who fought and won the Second World War and assured freedom for South Korea, to your parents who served our Nation in Vietnam and in the Cold War, in Panama and Desert Storm, to the conflicts of today, the courage and sacrifices demonstrated by American Soldiers remain the foundation of our United States Army.

Soldiering is an affair of the heart, and it is that spirit, that fundamental commitment to volunteer, to place the Nation's needs above one's own, that makes our Soldiers the best in the world today. Your professionalism, dedication, and valor are the hallmarks of the values our Army has upheld for over 229 years of service to our Nation.

I am immensely proud of what our Army has accomplished over the past three years. Our Army has carried the heaviest burden in fighting this Global War on Terror. Soldiers have set two nations - Iraq and Afghanistan - on the path to democracy and economic recovery. Less than twelve months since we first rotated our combat formations in Iraq, the Army, for the second time, is executing the most massive movement of troops and equipment seen since WWII. And, even as we continue to take the fight to our Nation's enemies and improve the quality of life for our Soldiers' families, our Army continues transforming its training, organization, and equipment

Our Army is far more than people and equipment - it is made of men and women with hopes and dreams, a passionate commitment to the ideals of freedom, and the willingness to fight for those ideals. But freedom is not free! And in today's War on Terror, some of our Soldiers have lost their lives, and many have been wounded. I have had the honor of visiting many of these wounded Soldiers, and I am always moved by their unanimous expressions of dedication, their commitment to service, and their desire to return to their units and comrades-in-arms. I'm equally touched by the tremendous commitment displayed by their families, and the support that they provide. When we talk of service and sacrifice, we must never forget the wives, husbands, sons, daughters, mothers, fathers, and other loved ones who stand behind our Soldiers. Their unconditional love and their steadfast loyalty to our Soldiers are invaluable in every aspect of what our Army does. The devotion and support of our Army families represent all that we fight for and all that we hold dear.

It has been my honor to represent the wonderful men and women who volunteer to be a part of the Army - and their families as well. The Nation will be eternally indebted to you for your service and sacrifice.

God bless each of you, God bless the United States Army, and God bless this wonderful Nation we all love and so proudly serve.

LES BROWNLEE

Send Letters to the Editor to:

Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795

or by email to: [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)

All letters must be signed and include a phone number for verification.

Visit the  
**Connecticut  
Guardian**

on-line at

[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)



# Homefront

## In defense of Connecticut's children: *Narco-Terrorism: New battle in War on Drugs*

1<sup>ST</sup> LT. CHRISTOPHER D. MORGAN  
DRUG DEMAND REDUCTION ADMINISTRATOR

Last month the Connecticut Counterdrug program served in support of the Drug Enforcement Administration's (DEA) "Target America" mobile exhibit. Located in the

center of Time Square, New York City, New York, the exhibit offered a unique look at the war on drugs and the connection it has with terrorism. The following article is barrowed and pieced from one of the DEA's 2002 Drug Intelligence Brief's.

According to Chapter 22 of the U.S. Code (USC), terrorism is the premeditated, politically motivated violence perpetrated against noncombatant targets by sub-national groups or clandestine agents. International terrorism involves citizens, or territory, of more than one country. A terrorist group is any group practicing, or

that has significant sub-groups that practice, international terrorism.

The nexus between drugs and violence is not new; in fact, it is as old as drug abuse itself.

The mind-altering strength of drugs has always had the power to create violence, but there is another kind of connection between drugs and violence-the use of drug trafficking to fund the violence perpetrated by terrorist groups.

Within the context of current world events, narco-terrorism is difficult to define. Historically, the Drug Enforcement Administration (DEA) has defined narco-terrorism in terms of Pablo Escobar, the classic cocaine trafficker who used terrorist tactics against noncombatants to further his political agenda and to protect his drug trade or The Revolutionary Armed Forces of Colombia (FARC).

In today's current operational environment, any region in which illegal drugs are cultivated, transported, distributed, or consumed, is susceptible to narco-terrorism. There are notable examples of narco-terrorists groups in almost every corner of the world.

The complicity of terrorist groups in drug trafficking varies from group to group and region to region.

In the broadest sense, some terrorist groups may be involved in all aspects of the drug trade, from cultivation, production, transportation, and wholesale distribution to money laundering.

These groups may also provide security for drug traffickers transporting their product through territory controlled by terrorist organizations and their supporters. Finally, in some cases, terrorist groups or their supporters might require a "tax" to be

paid on illicit products, or their passage through controlled territory.

No matter which form it takes, or the level of involvement in drug trafficking, many terrorist groups are using drug money to fund their activities and perpetrate violence against governments and people around the world.

The events of September 11<sup>th</sup> brought new focus to an old problem, narco-terrorism. These events have forever changed the world and demonstrate the vulnerability to acts of terrorism of even the most powerful nation. In attempting to combat this threat, the link between drugs and terrorism came to the fore.

Whether it is a state, such as formerly Taliban-controlled Afghanistan, or a narco-terrorist organization, such as FARC, the nexus between drugs and terrorism is evident.

## Employment Opportunity

*at Camp Rell, Niantic, CT*

### Front Desk Billeting (Hotel) Clerk

Part-time (Up to 20 hours) - \$9.00/hour

Friday Evening: 3:30p.m.— 8:30p.m.

Saturday: 7:30a.m.— 8:30p.m.

Sunday: 7:30a.m.— 4:00p.m.

Looking for a responsible person (at least 18 years of age) able to work independently. Would be responsible for scheduling of billeting usage, checking-in/out guests, issuing keys, direct housekeeping priorities and completing minimal documentation.

**If interested, please contact Jenny Collins at (860) 691-4313**

## FAMILY PORTRAIT FOR VALENTINES

**Time: 0900 to 1200, Saturday 12th, 2005**

**Location: Sanctuary Bldg., Coventry, CT**

Still Moon Photography will provide a free digital portrait of the families of deployed Soldiers to e-mail to Iraq for Valentine's. 860-214-2327.

1. Photographers will shoot one Family Portrait.
2. The digital file will be provided on floppy disks.
3. Families should pre-book the 80 available slots.
4. Four photographers working.
5. Families may order additional prints through Still Moon Photographer at cost.
6. E-mail size is free.

Call Kiev Federowicz at 860-214-2327 to reserve a seat.



The Connecticut National Guard and  
United States Postal Service

*Cordially Invite You To The*  
**2005**



**Black History Month Celebration**

**"NAACP Putting Its Stamp on History"**

*Highlight:* A historical presentation of the significant contributions of the National Association for the Advancement of Colored People (NAACP)

*Cultural Entertainment:* A step show exhibition will be performed by a Greek Fraternity and Sorority. The Costen's Cultural Exhibit will display a collection of rare photographs, memorabilia and collectables reflecting the history of the NAACP. Special appearances by radio personalities from Hot 93.7.

*Stamp Dedication:* The United States Postal Service will unveil the Marian Anderson stamp as part of their Black Heritage Stamp series.

*Awards:* "Recognition of Connecticut Black Students in Academics"



**Artists Collective**

1200 Albany Avenue, Hartford, CT

**Friday, February 11, 2005**

**9am-11am**

RSVP: SPC Ivette Rosario at (860) 878-6721 by Feb. 8, 2005

In the case of inclement weather, celebration will be held on February 16, 2005. This event is open & free to the public.



37c  
USA



# Social Security FAQ on a weekend drill

## Social Security warns about potential 'scams'

COL. GARY G. OTTENBREIT  
J6 DIRECTORATE

Unfortunately, there always seem to be crooks who are trying “to put something over on us” and take our money. While anyone can be a target for such “scam artists,” seniors are often among the most vulnerable.

Social Security has received many reports about telephone calls or visits from people who falsely claim to be Social Security employees.

In each case, the person attempted to obtain personal information, such as a Social Security or bank account number, from the Social Security recipient. The scam artists who identify themselves as Social Security employees have used a variety of approaches to get personal information. In one case, a caller said that Social Security was experiencing a power outage and needed to verify the person’s information.

In another, the caller posed as an employee

who needed to verify the person’s direct deposit information.

In a third scam, Social Security recipients were told that their monthly benefit payments were being cut because they have inherited a house from a relative —an event which, by the way, would not result in a reduction of Social Security benefits.

To help make the fraud seem authentic, the caller then placed the person on hold and played the same on-hold recordings used by Social Security. When the caller got back on the line, the recipients were then told that proceeds from the sale of the house will be sent to them if they pay the back taxes.

Basically, we advise you to always take precautions when giving out personal information. You should never provide your Social Security number or other personal information over the telephone unless you initiated the contact, or are confident of the person to whom you are speaking. If in doubt, do not release information without first

verifying the validity of the call.

If there is any doubt at all about someone who claims to be a Social Security representative, contact your local Social Security office or call Social Security’s toll-free number at 1-800-772-1213 to verify the legitimacy of the call. (The deaf or hard of hearing, can call Social Security’s TTY number at 1-800-325-0778.)

In the meantime, the Social Security Office of Inspector General is working closely with other Social Security officials to investigate all reports of suspicious activity. To report suspicious activity, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101.) A Public Fraud Reporting form is also available online at the OIG’s website: <http://www.socialsecurity.gov/oig/>.





## Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

OFFICERS CLUB OF CONNECTICUT  
Hartford CT (860) 249 - 3634

 FEBRUARY 2005 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Super Bowl Sunday Feb 6th</b> 4PM \$20 person		1 6 PM Quiet Birdmen Dinner 7 PM UConn Men vs Villanova (HCC) 61	2 Groundhog Day	3 7 PM UConn Women vs Rutgers CPTV	4	5 NG DRILL 12N UConn Men v St Johns GP Wbo20 730PM UConn Women vs Providence CPTV
6 NG DRILL 4PM Super Bowl Sunday Patriots v Steelers Giant TV and Buffet Prizes, \$20 pPers	7 7PM UConn Men at Syracuse ESPN	8	9 Ash Wednesday 4 - 7 pm Conn Pharmacy Reception 730PM UConn Wom v Boston College	10	11 6 PM Club Night Sweetheart Dinner Dance \$25 p/pers Reserv 249 -3634 State Holiday Club open for Lunch	12 Abraham Lincoln's Birthday
13	14 St Valentine's Day 2:30 PM House Committee Mtg	15 12 Noon Ladies O'Club Lunch 7PM UConn Men at Providence ESPN2	16 7PM UConn Women at Georgetown	17 12 Noon MOOA Lunch 530 PM Bd of Gov Mtg	18	19
20	21 President's Day Federal/State Holiday Club Closed 7 PM UConn Men vs Notre Dame ESPN	22 George Washington's Birthday 730 UConn Women v Pittsburgh CPTV	23	24	25	26
27 Col Peoples Dinner	28	Valentine's Day Dinner - Dance Music by Kaz's Rhythm \$25 Per Person + T&Tip				
O'Club open daily for Lunch 1130 AM - 2 PM Bar & Lounge open at Lunch & 4 PM - Closing						

OFFICERS CLUB OF CONNECTICUT  
PRESENTS

 **SWEETHEART DINNER-DANCE** 

**Friday February 11, 2005 \$25 Per Person**  
**MENU**  
**Salad:** Exotic Green Salad w/Strawberry Vinaigrette  
**Entrees:** Sliced Roasted Sirloin of Beef w/two Sauces  
Mushroom Bordelaise and Pink Bernaise or  
Fresh Grilled Salmon Steak/ Red Pepper and Corn Salsa  
Mashed Red Bliss Potatoes Green Beans w/ Red Peppers  
Rolls Coffee, Tea  
**Dessert:** Wildberry Cheese Cake

**DANCE TO THE MUSIC OF KAZ 's RHYTHM**  
Music for your Dancing and listening Pleasure  
**Social Hour 6 - 7 PM**  
**Dinner at 7 PM**  
Reservations a must (860) 249 -3634



**PUT SOME ROMANCE BACK IN YOUR LIFE.COME ON DOWN AND DANCE TO SOME SWEET MUSIC AND A DELICIOUS DINNER**



# Guarding Your Rights

## Legal Affairs: *Understanding tax terms, extensions*

CAPT. TIMOTHY TOMCHO  
JAG OFFICE

To lessen the burden upon Soldiers deployed to either a combat zone, which are declared by the president, or a qualified hazardous duty area (QHDA), which are congressionally declared, Congress created tax filing extensions and income tax exclusions. For taxation purposes, the terms combat zone and QHDA are used synonymously.

Current combat zones include such areas as Afghanistan, the Persian Gulf and Kosovo. Bosnia and Herzegovina, Croatia, and Macedonia are currently defined as a QHDA.

Thus, the Internal Revenue Service (IRS) permits qualifying members of the Armed Forces (those who deployed there) additional time to take care of tax matters. This additional time is called a “**deadline extension**.”

The deadline for taking actions with the IRS is extended for at least 180 days after the later of (1) the last day the taxpayer is in the QHDA, or (2) the last day of any continuous qualified hospitalization for injury from service in the QHDA.

Qualified hospitalization is hospitalization resulting from an injury received while serving in the combat zone. Beyond the 180 days, the deadline is also extended by the number of days that were left for the member

to take action with the IRS when he entered the QHDA. If the member entered the QHDA before the time to take the action began, the deadline is extended by the entire time he has to take the action.

For example, if a soldier was in the QHDA from September 15, 2004 - April 15, 2005, then an additional 105 days (January 1, 2005 - April 15, 2005) to take action (file taxes) accrues. Thus, the filing deadline for the 2004 tax year would be extended 10 1/2 months (180 days + 105 days) to March 1, 2006.

Spouses of individuals who served in a combat zone are entitled to the same deadline extension with two exceptions. The extension does not apply to a spouse for any tax year beginning more than two years after the date that combat activities end. The extension does not apply to a spouse for any period the qualifying member of the Armed Forces is hospitalized in the United States for injuries incurred in a combat zone.

Members of the Armed Forces who served in the HQDA may also exclude certain pay from their income. Such excludable pay does not have to be received while in the HQDA, but it must have been earned for service there or for a period during which they were hospitalized as a result of their service there. The following military pay is also excludable from income.

1. Active duty pay earned in any month they served in a combat zone. Military

members (enlisted or commissioned warrant officers), who serve in a combat zone during any part of a month, can exclude all of their basic pay for that month from income. For 2004, commissioned officers may exclude up to \$5,231.70 of their pay each month during any part of which they served in a combat zone.

2. A dislocation allowance if the move begins or ends in a month they served in a combat zone.

3. A reenlistment bonus if the voluntary extension or reenlistment occurs in a month they served in a combat zone.

4. Pay for accrued leave earned in any month they served in a combat zone.

5. Pay received for duties as a member of the Armed Forces in clubs, messes, post and station theaters, and other nonappropriated fund activities. The pay must be earned in a month the member served in a combat zone.

6. Awards for suggestions, inventions, or scientific achievements members are entitled to because of a submission they made in a month they served in a combat zone.

To assist taxpayers, the IRS created a special e-mail address, <mailto:combatzone@irs.gov>, to receive inquiries from combat-zone taxpayers.

See **LEGAL AFFAIRS** Page 25



## NGACT: Working for you



### *Senator announces plan to increase death benefit*

PRESIDENT BILL CUSACK

Senator Jeff Sessions (R-AL) announced that he will introduce legislation to significantly increase the compensation paid when service members are killed on duty. The bill will be co-sponsored by Senator Joe Lieberman (D-CT). Both Senators Sessions and Lieberman are members of the Senate Armed Services Committee.

Sessions' bill would increase the maximum payment under the Serviceman's Group Life Insurance (SGLI) from \$250,000 to \$400,000 and calls for the military to pay for the first \$150,000 once a member enters the combat zone. The bill would also require spouses to be consulted before a member declines to purchase the SGLI.

In addition to increasing SGLI, the bill would increase the death gratuity to \$100,000. Currently, the death gratuity for military members killed in action is \$12,420. Should the bill succeed, the death gratuity would be retroactive for all members killed in Iraq and Afghanistan.

The Department of Defense has estimated that the bill could cost \$460 million for the first year, including the cost of retroactive benefits.

I urge our membership to write their Congressman or Senator expressing their support as this is a vital benefit for our Soldiers and Airmen deployed in harms way.

Once again it has been a busy month for us. We have hosted a retirees' luncheon where we picked up more than twenty new members, a breakfast for members of the new Select Committee on Veterans' Affairs, and we are keeping a close eye on state legislation that affects our membership and constituents. At last count, there were more than 60 bills facing scrutiny at the Legislative Office Building.

We are still looking for someone interested in filling the position of Executive Director for NGACT. The position requires excellent computer and administrative skills, carries a great deal of contact with members and others via phone, computer and in person, and has flexible hours. If you are interested in learning more, contact us at (860) 247-5000.

We also have several positions on the board coming up for election in March. Those positions are Army and Air Officer-at-Large, Army and Air Enlisted-at-Large and Retiree. We have had some interest in a couple of the positions, but would like to talk to anyone interested in running or learning more about the responsibilities and duties of the positions.



RONALD E. LEE, 1<sup>st</sup> SGT. (RET.) USAR  
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

It seems as if a day doesn't pass that we read in a newspaper, hear on the radio or see a newscast on television pertaining to the number of troops, specifically National Guard and Reserve personnel, who are serving in Iraq or some other theater in the War On Terrorism. The discussion ranges from whether there are enough troops on the ground, the appropriate number, or whether there are too many and whether or not the Guard and Reserve is spread too thin or is still capable of providing Homeland Security here in the United States.

There has been a significant call for increasing the number of troops in Iraq, especially with the election looming in the near future and the fear of increased action by the insurgents. An increase would mean that either more active component personnel must be assigned to this combat zone or that more Guard and Reserve troops would be deployed.

As you well know, Guard and Reserve forces have been deployed and utilized over and over again over the past few years and, unfortunately, this is beginning to take a toll on recruiting and retention. So much so that whispers are being heard about

reactivating the draft in order to ensure that the military manpower remains at adequate levels.

Activating retired Soldiers is the latest step by the Army to bolster troop levels. Other efforts include extending overseas tours from 12 to 15 months, tripling bonuses for new enlistees and National Guard members who re-enlist, and mobilizing about 4,000 Soldiers from the Individual Ready Reserve, of which the most valuable to the Army are 1,000 healthy retirees who have been out of service less than five years. A second group of 2,000 are in good health, out of the military no more than 10 years and 60 or younger. The third category of 1,500 retirees are older than 60 or have disabilities. Retired Soldiers who rejoin would serve up to a year, although they could agree to more or volunteer for another assignment.

On the other hand, there are more and more articles stating just the opposite. In a United Press International story Secretary of State Colin Powell said in an interview that U.S. troops will begin leaving Iraq this year. Powell said he hoped the Iraqi army, national guards and police will soon play a larger security role, allowing the United States to withdraw some troops. Hopefully this will be the case and our National Guard and Reserve

## Who knows for sure?

personnel will be able to return to their homes and resume a “normal” life.

Regardless of the outcome, the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR) will remain faithful to the needs of our “Citizen Soldier” service members as well as to their employers.

CT-ESGR will be continuing its Employer Outreach Program this year and will be contacting Guard and Reserve units for USERRA briefing, pre/post mobilization briefings and to offer any help possible. If you or anyone you know is having a problem with your employer or a supervisor or if you would just like to talk to an ESGR volunteer about your rights and responsibilities please do not hesitate to contact us at our office in Rocky Hill at (860) 721-5903.

As always, we encourage you to nominate your employer for a “My Boss is a Patriot” award so they can receive recognition for supporting you in your important dual role as a Citizen Soldier. Again, if you have any questions or concerns please call or stop by one of our meetings which are held at 196 West Street, Rocky Hill, CT beginning at 6:00 PM on the last Wednesday of each month. You can know for sure that we are here to assist you!



## Inside OCS

# Class 50 Drives on into 2005!

OC JOHN F. ROSSI  
OCS CLASS 50

This month Class 50 will enter its ninth drill weekend with just six months remaining until the class and cadre head to Fort Benning, GA for Phase III. This month, Class 50 will begin the main tactical portion of Officer Candidate School (OCS), in preparation for FLX exercises, Phase III, and Basic Officer Leadership Course II.

During the past eight months of OCS, Class 50 has focused on nailing down the basic tasks of becoming an officer in mainly a garrison environment with the exception of land navigation and road march tests and exercises. As an officer candidate that enlisted as an O9S, with no prior MOS experience, I am grateful for the new focus on tactical training, which will polish the Warrior Ethos skills and mentality that I learned last winter at Ft. Sill, during Basic Combat Training.

As an Officer Candidate that is hoping to branch into Infantry, I am extremely eager to take advantage of this new OCS training to prepare for future insertion into a

battlefield environment and to be best prepared for leading Soldiers into battle. It seems as though a day does not go by without a reminder of why it is so important to be skilled in urban and ground warfare tactics.

I get my motivation to improve my skills in preparation for leading troops in reading the headlines and accounts of battlefield scenarios on a daily basis from Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF).

While the stress put on Class 50 during OCS is not near the level of stress associated with the deployment into theater as a platoon leader, it is this stress that the class will have as experience to rely on. The OCS cadre take the same pride and motivation from the daily accounts of OEF and OIF to implement the most realistic scenarios and pressure into OCS training, both Cadre and Officer Candidates constantly utilize the this daily motivation to make the most of our OCS experience.

In addition to the tactical training provided during drill weekends, each candidate of OCS Class 50 has a number of other responsibilities. In preparation for each drill

I am assigned with the following tasks and responsibilities: S-1 duties, preparing for monthly exams on topics such as Combat Service Support and Military Intelligence, organizing the specific tasks for the Class Dining-Out, coordinating and producing the Class monthly newsletter and recruitment for the incoming Class 51.

Between drills, Class 50 holds a mid-month meeting, in some cases two separate meetings, to coordinate all assigned tasks. During the month, each candidate spends from 25-30 hours between drills preparing and completing assigned tasks handed down through the student COC for the month or the OCS Cadre. The combination of assigned tasks, S-Position responsibilities and classroom related work puts an emphasis on the capacity of each candidate to organize, delegate and execute appropriately - qualities critical to becoming a strong Platoon Leader.

One theme of OCS training that is often overlooked or not mentioned that is truly at the heart of being a member of the Army National Guard, is the theme of sacrifice. The combination of tactical training, officer related tasks and testing appropriate material is the core structure of the OCS experience. However, a valuable experience that the program provides may be that the candidate must make sacrifices in their personal lives, just as Platoon Leaders do, in order to be able complete the 30 or so hours of work to prepare for each drill.

As an officer, enlisted Soldier, or officer candidate the need and willingness to make sacrifices from your daily life in order to go the extra mile in preparation for training during a drill weekend is critical. One thing that piling on responsibilities, information and assigned tasks during OCS has done for me is drive home the need and importance of sacrificing things in my everyday life for the enhancement of a drill weekend.

As a member of the Army National Guard on reserve status here in Connecticut, I am motivated to make the small sacrifices in my life, as do all Guard members, to best contribute to training weekends by Guard members presently serving overseas. The ongoing efforts of our fellow Soldiers in OEF and OIF constantly remind Class 50 of the importance of our training and in that we find strength from the honor of those that go and have gone before us.

**Strength From Honor!**

*If you are interested in applying for a spot in OCS Class 51 and you have questions or would like further information please do not hesitate to contact OC John Rossi at John.F.Rossi@us.army.mil or (860) 559-3963.*

## *Leadership Regiment announces upcoming schools, courses*

### **Basic Training Orientation/ Recruit Holding Company**

Feb. 26-27

### **OCS Phase 2**

Feb 26-27

### **Basic NCO Course Phase 1**

Feb. 26-27

### **Combat Lifesavers Course Recertification**

March 19-20

### **Combat Lifesavers Course #2**

April 23-24 & May 21-22

### **The Army Instructors Training Course**

April 23-24, May 21-22 & June 4

### **TAC Qualification Course #2**

May 16-20

### **Pre-PLDC**

March 12-13

### **Fitness Leader Course**

April 16

### **QRF**

March 18-20

### **Health & Wellness**

May 21-22 through Sep. 24-25

**Do you have what it takes  
to take your career to the next level?**



**1st Battalion (OCS), 169th Regiment  
(LDR)**

### **Officer Candidate School Information Briefs:**

#### **DATES**

22 JAN 05  
26 FEB 05  
19 MAR 05  
16 APR 05  
21 MAY 05  
25 JUN 05

*Bring a Friend, Spouse or Significant Other.  
Information Brief will be in Building 402, Leadership Hall,  
beginning at 1000 hours.*

**For more information contact**

1LT Shaun O'Dea  
(860) 691-4216

shaun.odea@ct.neb.army.mil



## **ADSW Opportunity**

Looking for a college student/individual, E5 or below (Supply Qualified Preferred) to do part time ADSW for the 169th LDR REGT in the Supply building with Sgt. 1st Class Stanton at Camp Rell. Part time ADSW consists of days off from school and maybe some weekends and WILL NOT conflict with assigned unit's drills. POC is Sgt. 1st Class Stanton at (860) 691-4318.



# Health & Fitness



## Medical Notes



## Carbon monoxide poisoning: The silent, odorless killer

COL. FRANK T. DiNUCCI  
RN, COHN-S

When I was working in the Hospital Emergency Room on the night shift as a Registered Nurse, we would have a number of patients come to the hospital with Carbon Monoxide (CO) Poisoning, especially during cold weather. In some cases the person came in DOA (Dead On Arrival).

Carbon Monoxide (CO) is one the most insidious gases that exist in our everyday environment, it is colorless, odorless, tasteless. CO is produced as a waste product from fossil fuels such as gasoline, heating oil and gas used for home heating. Improper ventilation or exhaust systems can cause CO poisoning in the home, workplace, or in a vehicle. It is more common in cold weather to have CO poisoning, because people try to contain the heat within their house, car, or place of work, and if they have improper ventilation and exhaust systems, the CO is mixed with the breathing air.

\*According to the U.S. Environmental Agency (EPA) you need to know the symptoms of CO poisoning. At moderate levels, you or your family can get severe headaches, become dizzy, mentally confused, nauseated, or faint. You can even die if these levels persist for a long time. Low levels can cause shortness of breath, mild nausea, and

mild headaches, and may have longer term effects on your health. Since many of these symptoms are similar to those of the flu, food poisoning, or other illnesses, you may not think that CO poisoning could be the cause.

\*The EPA further states if you experience symptoms of CO Poisoning you should:

✓ **DO GET FRESH AIR IMMEDIATELY.** Open doors and windows turn off combustion appliances and leave the house.

✓ **DO GO TO AN EMERGENCY ROOM** and tell the physician you suspect CO poisoning. If CO poisoning has occurred, it can often be diagnosed by a blood test done soon after exposure.

✓ **DO Be prepared to answer the following questions for the doctor:** · Do your symptoms occur only in the house? Do they disappear or decrease when you leave home and reappear when you return? · Is anyone else in your household complaining of similar symptoms? Did everyone's symptoms appear about the same time? · Are you using any fuel-burning appliances in the home? · Has anyone inspected your appliances lately? Are you certain they are working properly?

\*The EPA recommends prevention is the key to avoiding CO poisoning:

✓ **DO** have your fuel-burning appliances — including oil and gas furnaces, gas water heaters, gas ranges and ovens, gas dryers, gas or kerosene space heaters, fireplaces, and wood stoves — inspected by a trained professional at the beginning of every heating season. Make certain that the flues and chimneys are connected, in good condition, and not blocked.

✓ **DO** choose appliances that vent their fumes to the outside whenever possible, have them properly installed, and maintain them according to manufacturers' instructions.

✓ **DO** read and follow all of the instructions that accompany any fuel-burning device. If you cannot avoid using an unvented gas or kerosene space heater, carefully follow the cautions that come with the device. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel-burning.

✓ **DO** call EPA's IAQ INFO Clearinghouse (1-800-438-4318) or the Consumer Product Safety Commission Exit Disclaimer (1-800-638-2772) for more

information on how to reduce your risks from CO and other combustion gases and particles.

✓ **DON'T** idle the car in a garage — even if the garage door to the outside is open. Fumes can build up very quickly in the garage and living area of your home.

✓ **DON'T** use a gas oven to heat your home, even for a short time.

✓ **DON'T** ever use a charcoal grill indoors — even in a fireplace.

✓ **DON'T** sleep in any room with an unvented gas or kerosene space heater.

✓ **DON'T** use any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, small engines or generators) in enclosed spaces.

✓ **DON'T** ignore symptoms, particularly if more than one person is feeling them. You could lose consciousness and die if you do nothing.

There are a number of CO detectors in the market; however they must never be use as an alternative to proper maintenance and use of fuel burning appliance.

\* Information taken from the EPA website <http://www.epa.gov/iaq/pubs/cofist.html>

## Fit for Life: 'Andro' off limits in new year

STAFF SGT. C. TODD LOPEZ  
AIR FORCE PRINT NEWS

Airmen who take androstenedione to increase muscle mass will soon have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that took effect Jan. 20, the prohormone androstenedione is classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called "andro," is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force's chief consultant for internal medicine services.

"Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone," Carr said. "Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs."

Other drugs listed as Schedule III substances include the anesthetic ketamine, called "Special K" by the club-goers who use it; testosterone, and forms of codeine and morphine.

Once ingested, Carr said, androstenedione is converted to testosterone. Testosterone

is responsible for developing such male characteristics as muscle size and body hair. For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

"Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries," Carr said. "For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness."

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can be reduced. Slowing the normal production of testosterone also affects a user's body.

"A male may find that because he doesn't have normal testosterone production, his testicles get smaller," Carr said.

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

"One of the biggest problems that gets users into trouble is that aggressive behavior

manifests itself," Carr said. "They get into fights, and that could have a major effect on the work environment."

Androstenedione is found in many bodybuilding supplements that are available in nutrition and fitness stores. But Lt. Col. Ronald L. Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

"Due to health concerns, the four dietary supplements that contained androstenedione ... were phased out by December 2002," Blakely said. "AAFES' direct store operations never offered nor-androstenedione supplements, also known as 'nor-andro' supplements."

Blakely also said that General Nutrition Center concessions no longer sell "andro" or "nor-andro" products.

Since Jan. 20, androstenedione may no longer be legally purchased. It is also illegal to use the prohormone, even if it was purchased before then. Use, possession, or distribution of androstenedione is now a violation of the Uniform Code of Military Justice.

## HANDYPERSON HOTLINE

CALL  
(860)209-0770  
TODAY  
TO VOLUNTEER  
YOUR SKILLS





# The Green Guard

## Welcome to the Environmental Division!

MELISSA TONI  
NATURAL AND CULTURAL RESOURCES MANAGER

Welcome to the first monthly column dedicated to the Facilities Management Office's Environmental Division. The Environmental Division consists of a staff of seven dedicated individuals responsible for keeping the CTARNG in compliance with the hundreds of environmental laws and regulations related to construction, hazardous materials, air, stormwater, and natural and cultural resources.

Robert Dollak is the Environmental Program Manager and his staff includes: John Jablonski-hazardous materials and hazardous waste, Melissa Toni-natural resources management and construction permitting, Glenn Elliott-NEPA and EPAS compliance, Jennifer Arienti-air permitting and site remediation, Frank Tantilillo-cultural resources management, and Annrose Morello-secretarial support. You can visit the environmental office on the second floor of the Hartford Armory.

In recent news, an Environmental

Performance Assessment System (EPAS) inspection was performed at twenty-seven CTARNG facilities during the week of 13-17 December. The inspection occurs every four years and is completed to identify potential violations of environmental laws and regulations. Inspections were conducted by a firm hired by National Guard Bureau and teams of inspectors spent several hours at each facility covering every environmental regulation pertaining to the particular facility. The Environmental Division is currently working to sort through the findings. Each facility will be notified when the final results have been completed.

The initiation of the "Green Box" program assisted the facilities during these inspections immensely. Green Boxes are portable file boxes containing every permit, statute, law, regulation, and SOP related to the facility and the environment. Green Boxes were filled and given to each facility during October and November. In many cases, the EPAS inspectors were able to find the answers to their questions by simply

flipping through these boxes.

A facility's compliance with environmental laws and regulations ensures that the CTARNG will not get a Notice of Violation (NOV) if a Connecticut Department of Environmental Protection (DEP) inspection occurs. The DEP does conduct random inspections without warning. An NOV can be issued by the DEP if they find a violation of any environmental law or regulation. The EPAS inspection helped show the CTARNG where the violations were occurring so that they can be remedied before the DEP issues an NOV.

The Department of Defense has mandated a "No NOV Policy", and NGB is strictly enforcing this program. NGB is allowing thirteen NOV's for the entire Army National Guard per fiscal year, and the Environmental Division does not want Connecticut on this list. Any NOV results in immediate action by NGB.

To help avoid any potential NOV's resulting from non-compliance with environmental laws and regulations, internal inspections of



each facility will be occurring randomly from this point forward. Inspections will be made by staff from this office and will be unannounced. Inspections will be concentrated on EPAS findings that seem to recur at some facilities.

As a final note, all facilities staffs were extremely patient and willing to work with this office up to and during the EPAS inspection. The Environmental Division staff thanks all of you for your cooperation.

## President sworn in

From Page 1

Spreading liberty around the world "is not primarily the task of arms," Bush said, but he left no doubt that "the United States will defend ourselves and our friends by force of arms when necessary."

Bush acknowledged that the United States "has accepted obligations that are difficult to fulfill, and would be dishonorable to abandon." Actions already undertaken by the United States and its military have helped "tens of millions" secure their freedom, and millions more will find it "as hope kindles hope," he said.

Paving the way for those successes has demanded a heavy load on many citizens, including the men and women in uniform, the president said. "A few Americans have accepted the hardest duties in this cause," Bush said, "in the quiet work of intelligence and diplomacy, the idealistic work of helping raise up free governments, the dangerous and necessary work of fighting our enemies."

Some, he acknowledged, have made the ultimate sacrifice in this pursuit. "We will always honor their names and their sacrifice," Bush said.

Both the invocation before the swearing-in and the benediction that followed included tributes to America's fallen troops and prayers for the well-being of the nation's troops in harm's way.

The president called on all Americans,

particularly the nation's young people, to recognize the idealism being demonstrated by America's military members and others working to help secure liberty and freedom, and urged them to strive to live up to it.

"You have seen duty and allegiance in the determined faces of our soldiers," he said. "You have seen that life is fragile and evil is real and courage triumphs. Make the choice to serve in a cause larger than your wants, larger than yourself — and in your days you will add not just to the wealth of our country, but to its character."

America needs idealism, courage and unity as it faces the "unfinished work of American freedom," the president said.

"We felt the unity and fellowship of our nation when freedom came under attack, and our response came like a single hand over a single heart," he said. "And we can feel that same unity and pride whenever America acts for good, and the victims of disaster are given hope, and the unjust encounter justice, and the captives are set free."

An inaugural parade along Pennsylvania Avenue to the White House followed the swearing-in ceremony and inaugural address. Later today, the president is expected to attend nine inaugural balls, including one for servicemembers who have served in Iraq and Afghanistan.

Visit the  
**Connecticut  
Guardian**  
on-line at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)

## Legal Affairs

From Page 22

Through this site, taxpayers may send specific inquiries about their filing and payment status and update their combat-zone status in order to qualify for relief provisions.

If the IRS takes any actions or sends a notice of examination before learning that the taxpayer qualifies for a deadline extension, the taxpayer should return the notice with "COMBAT ZONE EXTENSION" written across the top. No penalties or interest will be imposed for failure to file a return or pay taxes during the extension period.

The IRS, however, will pay interest on a refund from the due date of the return if the return is filed in a timely manner after applying the deadline extension.

For personal assistance in preparing tax returns, contact the Naval Sub Base Tax Assistance Office at (860) 694-3741, extension 5, to set an appointment.

**NGACT  
is looking  
for people  
to run for  
its  
Executive  
Board.**

**If  
interested,  
call (860)  
247-5000.**





## Retirees' Voice

### *TAG, NGA CT share updates on Guard at Retirees' Luncheon*

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

I have just returned from the Retiree's Luncheon hosted by the National Guard Association of Connecticut (NGACT) held at the Officers Club of Connecticut at the National Guard Armory in Hartford. The guest speaker was our adjutant general, Major General William Cugno, and the theme was the 'State of the Guard.' I only wish that each and every retiree could have been there, because it was a really dynamic presentation.

It began as NGACT President CWO 2 Bill Cusack welcomed every one there. The crowd enjoyed a tasty buffet served by the Officers' Club's great chef and his staff. As we completed our meals, President-Elect Debbi Newton presented an overview of the NGACT, and our National organizations, the National Guard Association of the United States (NGAUS) for our officer members, and the Enlisted Association of the National Guard of the United States (EANGUS) for our enlisted members.

She pointed out some of the many strides that have been made in talking to and influencing our state legislators and the legislative milestones achieved in the U. S. Congress by our affiliation with these organizations, both of which are members of the Military Coalition.

She also urged, as I have been doing off

and on in this column, that anyone who is not a member of NGACT, NGAUS, and/or EANGUS consider joining to add to the voices of these organizations.

Cugno then presented the 'State of the Guard.' He asked for a moment of silence for the two men of C/102 Inf., Sgt. Felix DelGreco and Spec. Robert Hoyt who gave their lives in Iraq.

He then reviewed the deployments of each unit that has been called and their accomplishments and, without naming them, told us of the future deployments of Connecticut units.

As usual, units from the Connecticut National Guard perform admirably when called upon. Some of the call-ups and deployments were not widely publicized such as the deployments of the 103d Air Control Squadron after 9/11 and their subsequent deployments to various parts of the country and the world.

The state of the military 'plant' was discussed. Cugno noted that though some new armories were built, and others improved, the nucleus of the military properties would be Camp Rell in Niantic, Stones Ranch Military Reservation, and the firing range in East Haven.

There is a lot of military construction going on with the just completed Nett Hall at Camp Rell and the design plans for a new military academy complex for the regional training

brigade. A firehouse will be built at Stone's Ranch and a kennel is being built at Newtown adjacent to the Second Company Horse Guard facility to facilitate the training of the new dog handling unit and the new civil support team. There is not enough room in this column to adequately report all of Cugno's presentation, but be on the lookout later in this year for the announcement of a tour for retirees interested in seeing all of the latest improvements to our National Guard Facilities.

The Connecticut Army and Air National Guard is a somewhat different (new and improved) Guard than we knew, but you can rest assured that you retirees laid a good foundation for the men and women who are serving today.

**For  
deployment-  
related  
questions call  
1-800-858-2677**

## CNGRoF to hold reunion

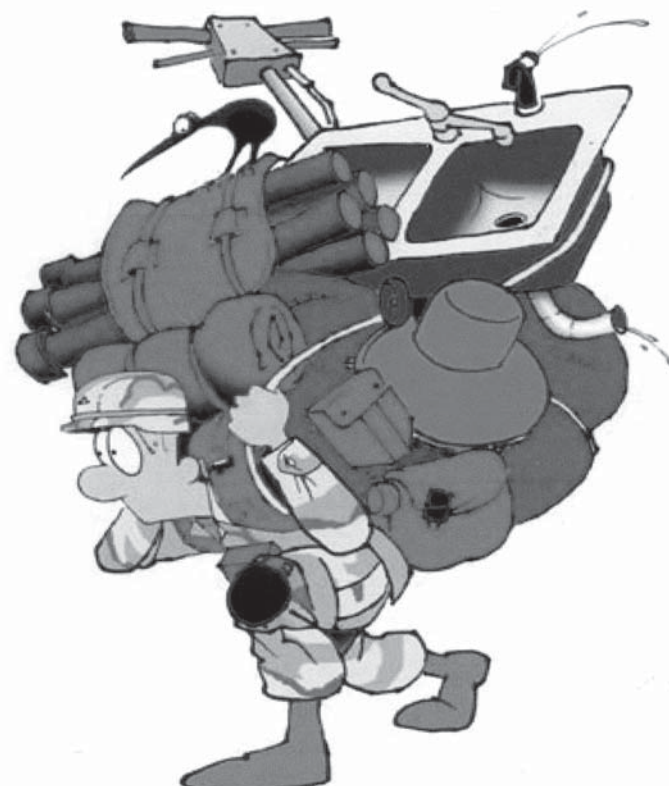
The Connecticut National Guard Retirees of Florida will hold its annual reunion in Orlando Florida on Friday and Saturday, March 4 - 5, 2005. This will be the association's 20th reunion. All former and retired Connecticut National Guardsmen (Army or Air) are welcomed to attend. For more information please contact CWO (Ret) Arthur Finnegan, telephone (727) 725-7206; or CSM (Ret) Aksel Hansen, telephone (352) 686-1628.

## 2nd Louie

By Bob Rosenburgh



## SUPPLY





# Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

Army National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Aircraft Mechanic	AVCRAD	WG -0/08/05	Feb. 2, 2005
Management Assistant	SMMO	GS-07	Feb. 4, 2005
Aircraft Mechanic Supervisor (Indef)	AVCRAD	WS-10	Feb. 8, 2005
Aircraft Mechanic (2 Positions - Indef)	AVCRAD	WG-11	Feb. 8, 2005
Aircraft Mechanic (2 Positions - Indef)	AVCRAD	WG-11	Feb. 8, 2005
Aircraft Mechanic (4 Positions - Indef)	AVCRAD	WG-10/08/05	Feb. 8, 2005
Aircraft Mechanic (10 Positions - Indef)	AVCRAD	WG -10/08/05	Feb. 8, 2005

Air National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Traffic Manager	103rd FW	GS-09	Feb. 14, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil) and click on employment opportunities.

Army National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Production Recruiter	RRC	SFC/E-7	Open AGR Nationwide
Unit Supply Sergeant	712th Maint. Co.	Up to E-6	Open AGR Nationwide
Training Specialist	HQ 169th Regt. (LDR)	O-1 to O-3	Open AGR Statewide Only
Unit Supply Sergeant	C/1-102nd INF Bn.	Up to E-6	Open AGR Nationwide
Unit Supply Sergeant	HSC 143rd FSB	Up to E-6	Open AGR Nationwide
Readiness NCO	G Co., 104th AVN	SFC/E-7	Open AGR Nationwide

Air National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Aircraft Electrician	103rd FW	Up to E-6	On Board AGR Only
Aircraft Pneud. Syst. Mechanic	103rd FW	Up to E-6	On Board AGR Only
Aircraft Electrician	103rd FW	E-7 or Below	Open AGR Nationwide
Traffic Manager	103rd FW	E-7 to E-8	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

# Temporary Technician Employment Opportunities

The Human Resource Office has Temporary Technician employment opportunities available throughout the State. We have a need for a variety of military specialties including Family Support Specialists, Administrative Support Personnel, Aircraft Mechanics, Finance Specialists, Heavy Equipment Mechanics and Operators, etc.

If you are a member of the Connecticut National Guard and are interested in one of these employment opportunities, please call the HRO Staffing Specialist at (860) 878-6739 or just submit an OF-612 and OF-306 directly to the HRO.

If sending your application directly please ensure you sign and date both forms, document all your civilian and military experience, list your daytime phone number and identify the type of Temporary Technician position you would be interested in filling.

# Coming Events

## February

### February 4-6

Region 5 EFAC Meeting  
Camp Rell

### February 11

Black History Month Celebration

### February 12

Lincoln's Birthday

### February 14

Valentine's Day

### February 21

President's Day

### February 22

Washington's Birthday

## March

### March 6-9

EANGUS Legislative Workshop

### March 11

2nd Company Governor's Foot Guard Dance  
Benefit National Guard Foundation of Connecticut

### March 17

St. Patrick's Day

### March 18

EANGUS Area 1 Caucus

### March 19

NGACT Annual Conference  
Camp Rell

### March 20

Palm Sunday

### March 25

Good Friday

### March 26

Breakfast with the Easter Bunny

### March 27

Easter

## April

### April 17

BNCOC Graduation  
Camp Rell

# In future issues

Black History Month

Helmets to Hardhats

Region 5 EFAC Meeting

Deadline for submissions is the 15th of the month previous to publication.





Joseph Allsop receives his first sergeant rank in Baghdad. (Photo courtesy of 143rd ASG)



Spec. Michelle Dewey, 143rd ASG, receives the Warrior in the Arena Award as the best junior enlisted Soldier of the quarter in Baghdad. (Photo courtesy Maj. Mike Dewey)

# Postcards Home



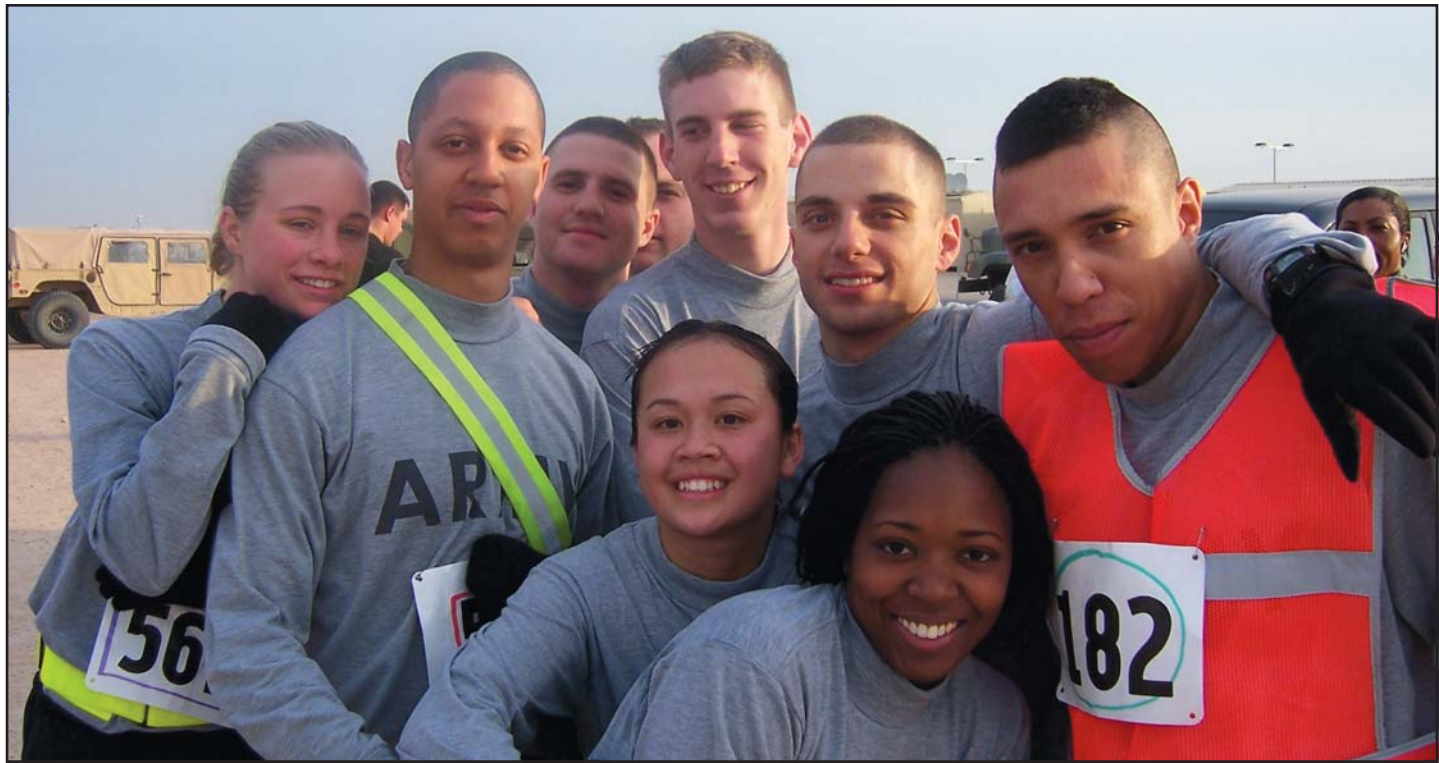
141st Medical Company personnel are all smiles prior to an early morning PT run. (Photo courtesy 141st Medical Company)



## TAG to unveil details of state

## Recruiting & Retention Plan

## See Page 16 for details



Members of the 141st Medical Company pose for a group photo prior to running PT. (Photo courtesy 141st Medical Company)



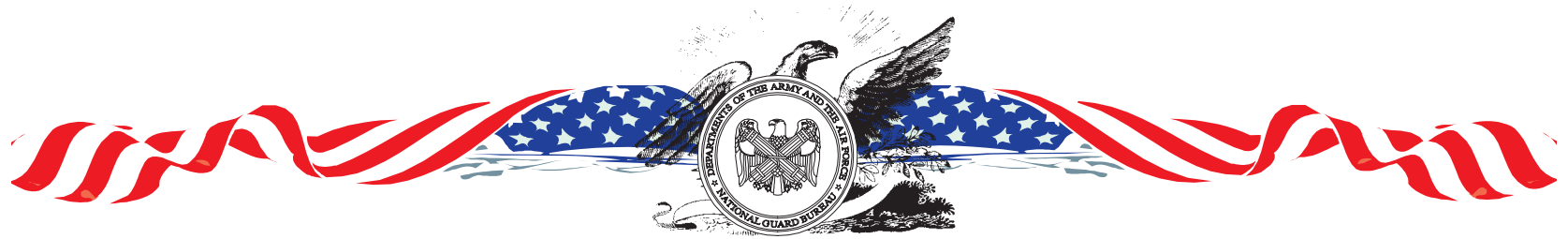
Three of the junior officers of the 141st Medical Company get ready to board the buses in Kuwait that will take them to their new home in Iraq. (Photo courtesy 141st Medical Company)



PRRT STD  
US POSTAGE  
PAID  
Hartford, CT  
Permit No. 603







# Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 2

HARTFORD, CT

FEBRUARY 2005

## Staying connected through technology

Pfc. JOSEPH BROOKS  
65<sup>th</sup> PCH

They were only married for one week when Sgt. Carlos Rosario of the 143<sup>rd</sup> Area Support Group (ASG) was separated from his wife Maria and their son Christian.

Carlos deployed with his unit in September. On Jan. 4, they were reunited by the technology of the Connecticut National Guard's Video Teleconference Center (VTC) capabilities.

The VTC communication took place in the Community Learning Information and Network (CLIN) room at the CTNG HQ Armory in Hartford. The VTC capabilities at

the Hartford Armory allowed families of Soldiers serving with the 143<sup>rd</sup> ASG to see and hear their loved ones using a live video feed from Iraq.

Due to the limited time that was reserved for the live feed and the number of families that were participating, the families were allowed 15 minutes to spend with their Soldier overseas.

The family members had been able to communicate regularly with their Soldiers through phone calls, email and pictures but many were still deeply moved by the live feed.

Sgt. Rosario was visibly tired, having

waited until 3 a.m. Iraqi time after a full day of work in order to take part in the VTC. It was 7 p.m. in Connecticut when the conference took place.

Sgt. Rosario and his wife were among those who broke into tears when it was their turn to use the VTC. It was a highly emotional moment as they greeted each other and explained to their young son, whose focus was on the screen displaying his father, how to "speak to daddy" through the microphone.

Family members were in tears as they left the VTC conference room. These were not tears of sorrow, however; they were tears of

happiness. For many of the families it was comforting to be able to see their Soldiers.

For Maria Rosario the experience was both comforting and saddening. She didn't get the opportunity to go on a honeymoon with her husband. She didn't get the opportunity to settle into married life. However she remains optimistic about her husband's deployment.

"It's been tough but the love's still there," Maria said through her tears. "It was important for our son to see him, he's been asking for his daddy a lot."



The Rosario family is reunited through the use of the VTC. Sgt. Carlos Rosario deployed with the 143<sup>rd</sup> ASG in September. (Photo by Pfc. Joseph Brooks, 65<sup>th</sup> PCH)





CATHERINE GALASSO

## Praying Hands

How can I begin to tell you how much your dedication, self-less acts and commitment have touched our hearts. Words can not express our gratitude to you, dear Soldiers. We are truly blessed and genuinely appreciative of you. No one makes it alone...

Three of the most important things I have in my life are a binding relationship with God, a beloved family and the wonderful closeness of genuine friends. I am thankful for the special bond that you and I share. This is not a chance meeting; we have been brought together for a purpose.

This reminds me of a blessed story of two amazing brothers:

Back in the 15th Century, brothers, Albert and Albrecht Durer lived in a tiny village near Nuremberg. They were two of a family of eighteen children.

Both brothers had a dream of becoming great artists but their family was not financially able to send both boys to study. However, the brothers worked out a plan. One brother would go to school to study, while the other would support his brother's education laboring in the mines. Then, they would switch places and the other brother would pursue his dream at school.

For the next four years, Albert financed his brother Albrecht's goal of becoming an artist.

And when the young man returned to the village after his studies, Albrecht honored his beloved brother for the years of sacrifice that enabled him to fulfill his ambition. "Albert," he tenderly said, "now, it is your turn to go to Nuremberg to follow your aspirations and I will take care of you."

Tears filled Albert's eyes and streamed down his pale face as he wept, "No, my dear brother, it is too late for me. Look what the years of mining have done to my hands."

When Albrecht looked down, he saw

that the bones in every finger of Albert's hands had been smashed and he suffered from arthritis.

Hanging in distinguished museums around the world are Albrecht Durer's great portraits, masterful sketches, woodcuts and engravings. But, none as powerful as the drawing entitled, "Praying Hands." Albrecht drew his brother's abused hands, with his palms together and fingers stretched towards heaven, as a tribute of love to his brother's remarkable sacrifice. Millions of copies of this stunning masterpiece hang in homes today as a gentle reminder of unconditional love, sacrifice and devotion.

**We are thankful for your guarding our freedom and protecting our homeland.**

We all need each other to love. Our lives should represent making the way easier for those with whom we come into contact,

as you do each and every day, the men and women of the military. We are thankful for your guarding our freedom and protecting our homeland. Daily we pray for you and ask God to bless you while offering words of appreciation and gratitude. Even the smallest gesture makes a grand difference when it is done from the heart.

We all have challenges, trials and difficulties to face. Nevertheless, there is a common quality among those who have suffered. They have a life filled with compassion. Compassion is the ability to understand with a tender heart, concern and empathy.

Whoever we may encounter today, let's encourage and comfort them. It may be a sincere compliment, a helping hand, a smile, or a simple hello. Begin the process of circulating joy and miraculous effects will follow.

Let us take each other's hand, bit by bit, and little by little, make the world a better place. A universe filled with what God had intended, His children living in harmony, peace and good will.

Thank you for protecting us, sacrificing for us and serving the people of the United States of America.

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at [anewyou@snet.net](mailto:anewyou@snet.net) © Catherine Galasso, 2004*

## New law allows higher limits in VA Home Loan Program

VA PRESS RELEASE

WASHINGTON (January 13, 2005) - Legislation recently signed by President Bush makes home ownership more affordable for many veterans.

Changes under the law mean veterans will be able to get no-down payment loans of up to \$359,700. The previous ceiling was \$240,000.

"Now, more than ever, veterans will be able to make their dreams of home ownership a reality," said Secretary of Veterans Affairs Anthony J. Principi.

VA-guaranteed home loans are made by banks and mortgage companies to veterans, service members and reservists. With VA guaranteeing part of the loan, veterans can receive a good interest rate without having to make a down payment.

The changes took effect Dec. 10 when President Bush signed into law the Veterans Benefits Improvement Act of 2004. The law also allows for loan limits to keep pace with rising home values.

The new law allows VA to guarantee one-year adjustable rate mortgages (ARMs) and it extends, through 2008, VA's "hybrid ARM program," which allows veterans to lock in a favorable interest rate for at least three years.

More information about VA home loan benefits is available on the Web at <http://www.homeloans.va.gov>



# INFORMATION

## Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard sensitive documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our websites are the only way you are introduced to this information. Please don't share it.

## HANDYPERSON HOTLINE

**"CARRYING THE HOMEFRONT"**

**SERGEANT MAJOR  
TOBY P. CORMIER**  
**Ph: 860-441-2984**  
**Cell: 860-209-0770**  
**[toby.cormier@ct.ngb.army.mil](mailto:toby.cormier@ct.ngb.army.mil)**



Visit the  
**Connecticut Guardian**  
 on-line at [www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)





# The Military Spouse's Little Instruction Book

REPRINTED FROM THE NORFOLK VIRGINIAN-PILOT  
JACEY ECKHART  
THE VIRGINIAN-PILOT

Somebody just gave me the newest version of that Life's Little Instruction Book - the one from mothers to daughters. It's a nice little book, full of exhortations such as "Never pass up an opportunity to hold your dad's hand" and "Dive for the bouquet."

The original book in the series was put together when H. Jackson Brown Sr. jotted down a few observations and words of counsel for his son before he left for college.

"I read years ago that it was not the responsibility of the parent to pave the road for their children," wrote Brown, "but to provide a road map."

We, too, ought to provide a road map to younger military families on the same trail. Here are a few things fellow travelers have taught me.

1. The marriage is the center of the military family's happiness. Put each other first.
2. Send a care package with a sweatshirt, a pillowcase or a bath towel that smells like home - not lube oil.
3. Plant tulip bulbs, hydrangea bushes and tomato plants even if you are scheduled to move before they bloom or ripen. The neighbors will never forget you and the new tenant will bless you always.
4. Get a smallish dog.
5. Don't discuss your spouse's career. Your friends don't care. Your enemies don't believe you. Your comrades in arms know better.
6. When your spouse gets orders to another state, move there.
7. Take the kids to visit the in-laws even if your spouse can't go. It's the right thing to do.
8. Live in Military Housing at least once.
9. Know the difference between neighbors, friends and comrades in arms. Share accordingly.
10. Never miss a family wedding or funeral. If you don't take your place in the extended family, you will lose it.
11. Don't watch your spouse leave.
12. Never miss the spouses return.
13. When you move, leave a fresh box of Popsicles in the freezer for the new kids on the block.
14. Know the mailing address of your spouse's unit, which department he/she works in, the name of his/her boss and at least three phone numbers where he can be reached.
15. Don't call your spouse at work unless he/she owns the phone he will be talking on.
16. Don't make a senior in high school move. By the time they are 17, these kids have given enough of their lives to the military.

17. Attend some of the balls, most of the Hails and Farewells, none of the business meetings and all of the retirement and Change of Command ceremonies.

18. Find out what a Family Readiness/Support Group Leader/Ombudsman does.

19. Visit the unit in a foreign country during deployment (where legal and authorized) - without your children. I promise your plane will not go down.

20. When they play the national anthem and raise the flag, stand and cover your heart with your hand. Your children are watching.

21. Find a home church and attend it regularly. God is strictly a necessity.

22. Arrange your photo albums by address, not date. It makes pictures and memories easier to retrieve.

23. You are the interpreter of your spouse's absence. If you remind your children that Daddy/Mommy misses them too, they will believe you.

24. Live overseas at least once. Coming back to Wal-mart is as big an experience as doing without it.

25. Eight hours is not too far to drive for your child's play date. Best friendships don't happen every day. Not even to kids.

26. Don't make friends with the opposite sex, especially when the unit is deployed.

27. Don't lose yourself in your spouse's identity. Explore your own interests, your own ideas, your own opportunities. Become more than the sum of your parts.

28. Visit your own family during the deployment. Your parents will enjoy a few days of having their baby (and the kids) all to themselves.

29. Develop job skills that can be adapted everywhere.

30. Park in the back of the commissary lot. Make those mommies and retirees feel lucky today.

31. Register to vote. Vote often. Write your congressman.

32. Learn to sew well enough that you can make simple repair stitches on any cloth.

33. Always feed the movers. Think of something besides pizza.

34. Keep a list in the back of your address book of every house you have ever lived in, the dates and the corresponding phone numbers so you are prepared for that background check someday.

35. Eat a meal together every day - even if it is only oatmeal or dessert.

Shared meals are the essence of strong families.

36. Know that when you have the least to give, your children will need you most.

37. Engender the Military Spouse Motto: Semper Gumby: Always flexible.

38. Play every day.

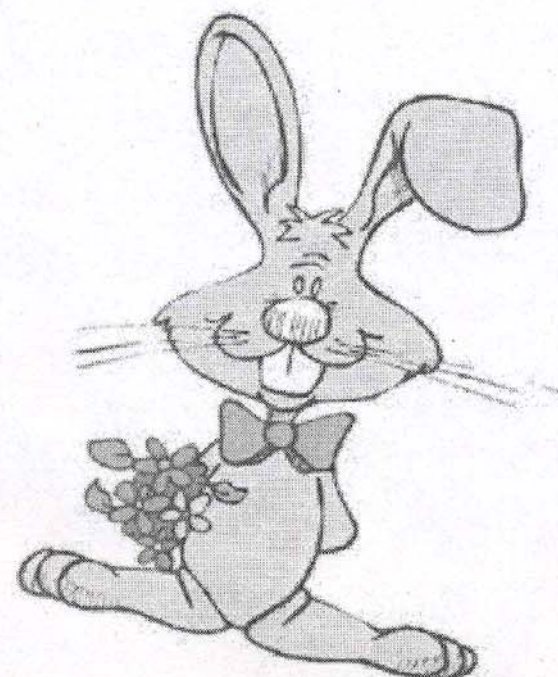
39. Laugh often and smile always - no matter what!

40. Be brave.

## Now Ear' this!

### Breakfast with the Easter Bunny & Easter Egg Hunt

You are cordially invited to Camp Rell, Niantic, CT on Saturday, March 26th, 2005 for Breakfast and an Egg Hunt with the Easter Bunny. The breakfast begins at 0900 followed by egg hunts for children from ages 1 to 10. Adults please bring your Photo ID to enter Camp Rell and a basket or bag for your child to collect eggs in. Please call the Family Program Office at **800-858-2677** to make your reservations prior to March 18<sup>th</sup>, 2005.





# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

**Bristol Armory**  
61 Center Street, Bristol, CT 06010  
(860) 582-1206 Toll Free 866-347-2283  
Sgt. Michael Bertoli

**Waterbury Armory**  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Sgt. Jonathon Duffy & Spec. Tamara Jex

**Manchester Armory & AVCRAD**  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

**103rd FW, Bradley ANG Base**  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

**Hartford Armory**  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677  
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,  
OC Claude Hibbert and Sgt. Jessica McKenna

**Norwich Armory**  
38 Stott Avenue, Norwich, CT 06360  
(860) 823-1342 Ext. 12 Toll Free 866-347-3357  
Mrs. Andrea Lathrop

**103rd Air Control Squadron**  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

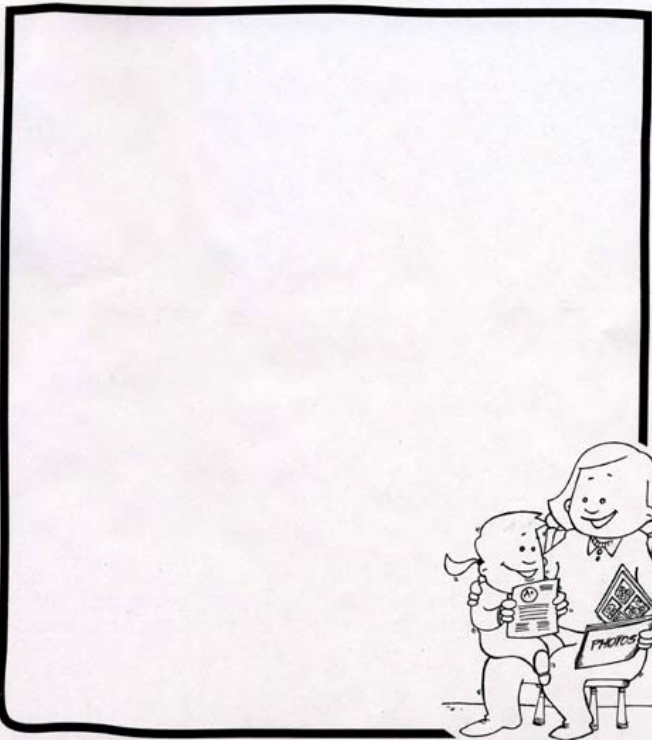
**New Britain Armory**  
855 Stanley Street, New Britain, CT 06053  
Sgt. Elizabeth Crouthamel (860) 883-6935

Volunteers are needed in each facility.  
Those wishing to help out can contact Mrs. Kim Hoffman, Family  
Program Manager at 1-800-858-2677.

Any family member or loved one of a deployed soldier who has  
questions about benefits or deployment issues may also get answers  
to their question at the following email address:  
[kim.hoffman@ct.ngb.army.mil](mailto:kim.hoffman@ct.ngb.army.mil)

## SPECIAL TIME TOGETHER

When your mom or dad comes back, you can spend  
special time together. Draw a picture of the two of you  
doing something you both like to do.



## Kids' Creative Corner

A MONTHLY FEATURE OF  
FUN AND EDUCATIONAL  
ACTIVITIES